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MYRA'S JOURNAL

JAN., 1909.

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THE LEADER OF FASHION

Vol. XXXVI.
No. 1.

New Pleated SKIRT

Draped Evening BLOUSE

Detachable VEST for Coats

Child's DRESSING GOWN

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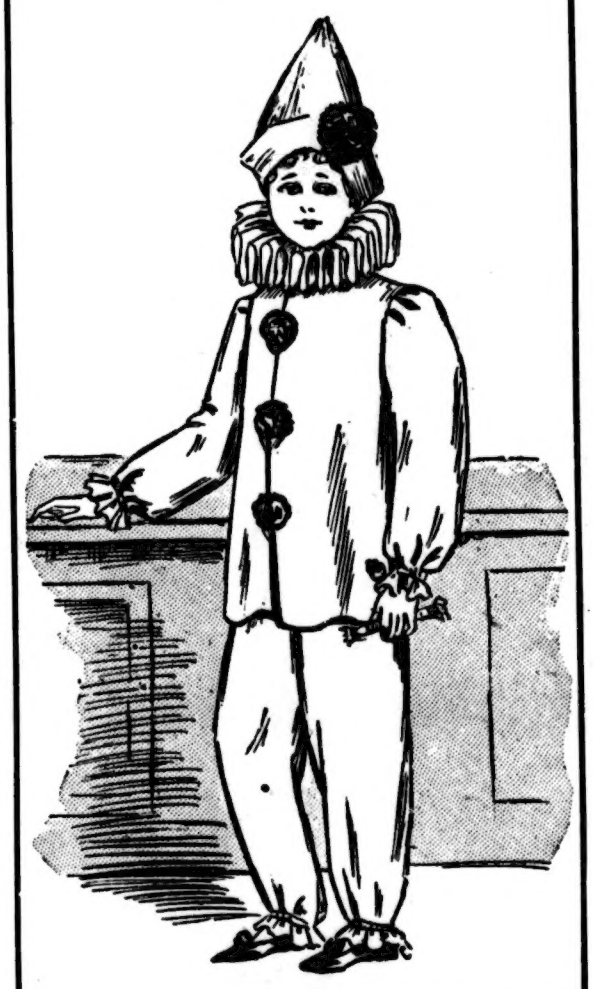

Myra's Journal.

JANUARY, 1909.

PROFUSELY ILLUSTRATED.

Mid-Winter Fashions.

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2.—DRAPED EVENING BLOUSE.
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4.—CHILD'S DRESSING GOWN.

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No. 7998.—A VELVETEEN COAT AND SKIRT.
For Description see Pages 31 to 34.
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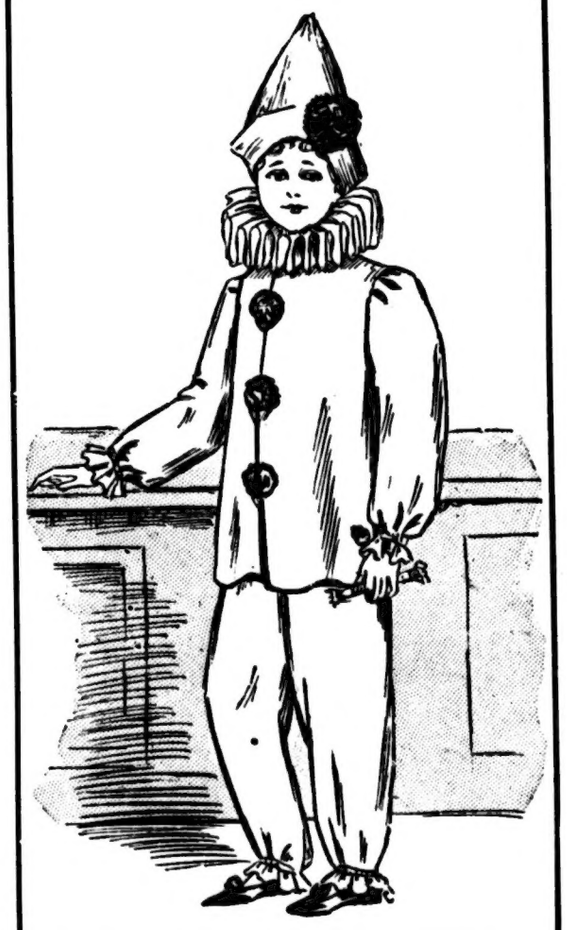

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Mid-Winter Fash

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"Miss —— is delighted with the Depilatory, and finds it the best and altogether superior to any other. She will now never think of using anything else."

SPECIAL GOLDEN-BROWN TINCTURE.—This new and remarkably effective Stain imparts most natural tints to faded, light, and grey hair. It is very permanent and perfectly harmless, containing neither lead, bismuth, nor other metal, and will be found invaluable for meeting the long-felt want for these tints. The tint, when desirable, can be deepened by a second application. Cleanly and easy of application. Prepared in four shades—golden brown, flaxen, flaxen-gold, ruddy gold. Price 4s. 6d. Post free.

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"Please send another lot of the Tincture. I am so glad to have found something for my hair that does not wash off." Mrs. ——.

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SKIN FOOD.—For restoring wasted tissue and removing wrinkles. It consists of a bland, fat-forming cream, carefully combined with a small proportion of a suitable astringent, corrects the deficient or faulty secretion, and thus restores the wasted tissue and increases the muscular tone. To this loss of tissue and muscular tone is due the falling away of the face and neck, loss of roundness, and formation of lines and wrinkles, but these conditions can be overcome by a steady use of the Skin Food. The use of this food also enables the skin to retain for many years the clear, smooth, velvety surface that is associated with youth. 2s. 9d. and 7s. 6d. Post free.

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"Your Skin Food is the best I have used, and I have tried several." Mrs. ——.

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"Limerick.

"Send me by return one dozen Glycorax. I find it wonderful for preserving the teeth." Mrs. ——.

NEWS FROM FASHION CENTRES.

FROM

VIENNA, PARIS, &c.

THE new year finds us remarkably short-waisted and very slender as to skirts. Our most fashionable coats are of Bonaparte type, and our hair should be *à la grecque*, with Greek fillet of ribbon on metal braid.

Pleated skirts are very fashionable for walking dresses. They are short, clearing the ground, and fall in close folds over the pants, or over the softest of foundation skirts. These, of course, are also short-waisted. They are worn with coats of Directoire type, fairly short or three-quarter length. They do not adapt themselves to the long Directoire coat of "Bonaparte" type.

There is a wonderful array of lace nets and sequin nets for the Directoire evening gowns which are not made of white satin. These are made up over a satin foundation or under-dress.

Satin, indeed, has never been more in evidence. By far the greater part of our evening frocks are in satin, and black satin is the favourite material to face our Bonaparte collars, cuffs, and revers, also to cover the wooden frames of our large buttons.

Braids of all kinds are having a great vogue. Nearly all are of silk. The military braids are provided with invisible draw strings, which enable the braider to create with practically no trouble lovely designs in curls and curves. The heavier, highly-ornamental silk braids are better adapted to form straight lines—they do not turn easily even in curves. Braids are of all widths, and can be had in all colours. The more exotic colours, for expensive gowns, the dressmaker has specially dyed to her own pattern. This is one reason why really handsome gowns of some delicate shade are so dear—everything has to be dyed to match the cloth or satin of the gown.

Skirts are being very little trimmed. Some of the daintiest evening frocks have two-piece umbrella skirts of double-width satin, worn over the softest of under skirts and quite unlined, so that the folds fall limp and clinging. The only trimming is a series of buttons down the front seam, arranged in groups, quite simple satin buttons on wood frames. The necessary "relief" is found in the bodice, which generally has sleeves and either berthe or vest of some white transparent fabric. Such frocks are models of elegant simplicity.

The trailing Directoire frock is particularly suited to velvets and pile fabrics,

No. 7999.—A FUR OR VELVET COAT.

For Description see Pages 31 to 34.

Price of Paper Pattern, 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

especially those of princess type without belt, and some very lovely examples are to be seen, slightly draped on a fitted foundation to the hip. On this fitted hip lining is stitched the slender foundation skirt, the folds of the velvet falling quite free. This is quite the best possible foundation for a princess gown of any type. Young ladies are wearing princess evening frocks (see No. 8056), but they are usually semi-fitting, and, if of transparent material, are pleated to lie smoothly on the satin foundation.

The taste for Directoire gowns originated with models in the nature of "freaks," and, even now, examples are designed which are so accentuated as to touch on the vulgar. To this category belongs the Directoire dress so scanty all the way down that the wearer can scarcely move. So scanty are many gowns, not quite so *outré*, that, including a very fair length of train, the measurement of the lower edge of the skirt falls short of 3½ yards.

The "fish tail" train is in the nature of a freak, which women of taste and position refuse to put on. It is always seen as an adjunct of a very scanty Directoire skirt. The fairly long, but very pointed train is slit up and seamed so that it forms two points instead of one—like a fish tail. Another freak is to slit up and drape the skirt so as to expose one foot and ankle. This is, naturally, very bad style.

The whole skirt moulds the figure, and nothing can be worn beneath but fitted pants of satin. Some ladies, allowing a little more latitude, wear an accordion-pleated skirt of mousseline-de-soie fitted into a very deep shaped band covering the trunk—when exaggerated this band nearly reaches the knees, and is subversive of all comfort, all grace. The wits call *mondaines* clad in this fashion "Tube-women." Corsets, of course, have to be made to suit this exaggeration, and the unfortunate wearer is imprisoned in a tube nearly to the knees, the lower part being chiefly of strong, wide elastic. These corsets must be as injurious as the metal instruments of torture worn by male and female Elizabethans.

But as all skirts—even the full ones—should be close and clinging, it is needless to say that the serge or cloth knicker bockers of old are, for the moment, quite out of date. They are replaced, even beneath trottoir skirts, by the Directoire "pants" (see No. 8055, page 29), which are really closely fitted knee breeches. These pants are, however, very comfortable, and are a garment to be commended. They should be in every wardrobe, in satin for the evening, in supple cloth or serge for day wear.

FOUR FREE PAPER PATTERNS. NEARLY 100 DRESS AND MILLINERY DESIGNS.

Practical Dressmaking FOR Home Workers.

HINTS ON RENOVATION.

By "MYRA."

THERE is a lull in January in all things, in the domain of dress no less than in other larger and smaller matters. This gives us breathing time to overhaul what we have by us in the way of good but out-of-date clothing. As the sales are in full swing, it affords an opportunity of purchasing very cheaply any new material or trimming which we may require in the process of our renovations.

Renovation is much in request just now, as the last few months have altered dresses enormously—the high waist has become popular instead of being an exotic—used by the very few—and the large sleeve has disappeared. Here are two very radical changes. I am giving several illustrations this month, therefore, to assist our readers in utilising handsome garments which are now quite unwearable.

First of all, I suggest a study of the beautiful "utility" dress on page 13. This was a tea gown of black silk-and-wool satin, with the old-fashioned Empire skirt (full) and a draped double-breasted bodice, closing on the left with a rosette of mauve ribbon, the ends of which reached the feet. The sleeve was a big "gigot" to the wrist. The dress was high, with a let-in yoke-plastron of gathered white silk.

The full skirt was carefully damped at the back and pressed smooth. (Wool-back satin is far less fragile than the ordinary type.) The breadths were pinched to fit the figure easily in the new high-waist style, fronts and sides being cut down almost to the natural waist, sloping upwards towards the back. This pinching of the breadths left several good pieces of satin besides the tablier, which was not wanted at all. The omission of the front breadth secured the front seam—so much in evidence in the present modes. The skirt was now *shaped*, instead of being merely full, and moulded the figure (see No. 8013).

The bodice had the yoke plastron (with its lining) removed and the draped satin double breast of the right front cut away. This left two fronts open to the waist, and the bodice was turned into a low-necked evening model. Two small pieces of the satin were draped along the edge of the fronts upon the double-breasted lining which was left intact below the plastron. Between these draperies, on the double breast of the lining's right front, was rearranged the gathered white silk, which thus formed a beautiful plastron. The new "Vandyke" Irish crochet was draped about the neck (only on the black satin) and a frill of chiffon finished the neck all round. A piece of the black satin was draped about the top of the skirt to form a belt and freshen up any deficiences. The large sleeve was diminished at

No. 8000.—Directoire Coat and Skirt of Cloth.

For Description see Pages 30 to 34.

Price of Paper Pattern Coat, 9½d.; Skirt or Foundation Skirt, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8001 No. 8002

A VELVET DIRECTOIRE PELERINE AND A NEW FRENCH COAT.

For Description of No. 8001 see page 8; for No. 8002 see pages 31 to 34.

Price of Paper Pattern, Pélerine, Skirt, or French Coat, each 6½d., post free, of MADAME MYRA, *10 and 11 Fetter Lane, E.C.*

the shoulder, shortened by being ruffled on a fitted lining. Thus a beautiful up-to-date gown was evolved. Many ladies have by them (in handsome material) the loose "bed-gown" Empire dresses which used to be worn as tea gowns, and they can renovate them into Directoire frocks on these lines.

The renovation of which I speak had a further development. The "remains" of the full tea gown supplied the charming overblouse, No. 8012; this, with the Directoire skirt, supplied an alternative which could be worn over any dainty white blouse built for day or evening wear.

The idea is a very good one for a new gown, and I strongly recommend it to those of our readers who are wise enough to set up a utility gown "for all occasions." The sleeve of the overblouse is very pretty and original.

Another good idea for the use of good materials (not made up, but in too short a length to supply a dress or mantle) is given in the rich kimona evening wrap sketched on this page. The model shows our readers the new idea of furriers this year, to cut up a fur garment with insertions of broad lace. The idea is not a wise one, certainly, but as it is in existence it has to be chronicled; but it can be turned to good use to evolve a kimona out of cloth too narrow to supply so wide a wrap in a single piece, or to lengthen a short wrap already in existence. A band of brocade can edge the short garment, and a band of cloth can be added to that, if the cloth employed is new, or if a good sized piece over from the making of the garment is to hand. Domet (thin) should interline the whole wrap, and a complete lining of satin or silk be mounted over that.

The style in which the lace is laid on the model is very effective. The lace could cover seams in the cloth—these unavoidable seams which ever must intrude to harass the renovator, but which should not exist at all in a newly-developed garment.

At No. 8001 is illustrated the new Directoire pélerine of velours du nord. This is a very beautiful garment; but, to avoid a heaviness and over-width about the shoulders inseparable from the style, dressmakers introduce a plastron back and front of some contrasting material, the front plastron taking the form of short waistcoat fronts which hook edge to edge. Some couturières use rich lace for the purpose, mounted on satin, and interlined with domet. But I prefer the use of fur. Now the shape of this plastron, its band collar and its hooked fronts, is almost identical with the old-fashioned fur tippets of a few years back. They have not been worn for some years, and they did not contain enough fur to make it worth while utilising them as part of a larger wrap—ladies invariably found that a brand new fur was often less dear than remodelling and adding to their tippet. So these tippets have been reposing in air-tight card boxes carefully preserved from moth, and can be used in this smart fashion.

No. 8003.—The New Idea of Intermixing Fur and Lace.
This Lovely Wrap makes up beautifully in Cloth.
For Description see this Page.
Price of Paper Pattern, 1s. 0½d.; *post free, of* Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

No. 8004 No. 8005 No. 8006

No. 8007

BEAUTIFUL WINTER BLOUSES.

For Descriptions see Pages 31 to 34.

Price of Paper Patterns, each 6½*d., post free; Full-size Transfers of Embroidery for No.* 8004 *(Collar and Two Cuffs), price* 6½*d., post free, of* MADAME MYRA, 10 *&* 11, *Fetter Lane, E.C.*

These models show the skin-tight sleeve and the moderately tight sleeve which have replaced the kimona puff for smart blouses. As some of our readers have written to say how they dislike for themselves the tight sleeve, the blouse, No. 8025 (p. 19) has been specially devised for them—this model would be very unsatisfactory with the tight sleeves. The "bishop" sleeve of the shirt blouse can always be a trifle tightened or loosened to taste.

No. 8008.—A Bonaparte Coat and Skirt.

For Description see pages 30 to 31.

Price of Paper Pattern, Skirt or Coat, each 6½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

Games for the Christmas Holidays.

By "Kismet."

IN almost every home in the land there is a gathering of the children at Christmas, and friends occasionally drop in during the holiday evenings, so that often a little informal party is thus arranged, and a few hints on the subject of "amusements" may not be amiss at this season of the year for those who do not intend to entertain on an elaborate scale.

In the intervals between athletic sports young people are sometimes glad to resort to "parlour" games for a change.

"QUOTATIONS"

creates plenty of amusement, and has the advantage of being a game which is well adapted to a mixed company of children and "grown-ups."

The players are each given a small card (half a lady's visiting card) decorated with a wee bow of bébé ribbon—say, pink in colour—with a portion of a short proverb or motto written upon it. For example: "Ring out the old ——," "I heard the bells on Christmas Day ——." The remaining half of the quotation is written upon another card, with a blue bow attached, and this is hidden somewhere in the room, in a box, beneath a mat, behind a cushion, &c. Each player must find the remaining portion of the quotation he happens to have. When found, the player joins the two cards together on coat or blouse, as the case may be; another card is given out, and a fresh hunt begins. Whoever joins most cards correctly is declared winner.

Then again,

"CELEBRITIES"

is an excellent game and very popular. Have ready beforehand a goodly number of small slips of paper, with the name of some well-known person written upon each, for example, "King of Spain," "Jenny Lind," "Santa Claus."

A slip is pinned upon the back of each player, and he must endeavour to ascertain the name of the character which is fastened behind him, by asking questions of the other players, such as "Is it a woman?" "Is she living?" &c., &c., the only questions allowed being those which can have simply "yes" or "no" for the answer. As soon as a player has correctly guessed his character he has another slip pinned on below the first, and whoever succeeds in guessing most names in a given time is the winner of the game.

When some quiet amusement is wished, try the

"VIOLET GAME."

This consists of a number of questions written neatly on cards, and each player must be provided with a card and pencil. The answer to each question must be written opposite the query, and must consist only

No. 8009 No. 8010

TWO SMART WINTER TAILOR GOWNS.

For Descriptions see Pages 30 to 32.

Price of Paper Patterns, Coats, each 9½d.; Skirts, each 6½d., post free, from MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

No. 8011.—Pretty Evening Frock of Embroidered Net.

For Description see pages 30 to 34.

Price of Paper Patterns, Skirt, Foundation Skirt, or Bodice, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

of letters which occur in the word "Violet." For instance:

1. A little animal .....Vole.
2. Something useful when motoring ...Veil.

At a given time the correct replies are read out, one mark being scored for a right answer.

Another very popular game is as follows: Several small coloured bottles or jars are filled with liquid of different kinds, such as paraffin-oil, lavender-water, vinegar, &c., and the players smell the contents, and write on the small numbered card (which each player has been provided with) what they imagine each jar to contain.

Small bowls containing flour, salt, sugar, ground rice, &c., then appear, and the players taste the contents of each.

They then listen to sounds produced from behind a screen—as a sewing machine at work, egg being beaten up, cloth being brushed, and writing being done with a quill pen, &c.

It is extraordinary how easily the players become muddled over the various odours, and the different sounds, and this all adds to the fun and merriment of the game.

A very good and simple game where children are concerned is played thus:—

The players stand in a circle, with their hands clasping a string on which a ring—a small, bright, brass curtain ring—has been strung.

One child stands in the open space within the circle, and endeavours to see the ring as it is passed rapidly from hand to hand along the string. He may demand any hand to be raised if he think the ring is beneath it. If he guesses correctly he changes place with the player he has detected, and the shifting of the ring begins again.

The following words are often sung by the children as they play:—

"Paddy from Cork had never been,
A railway train he'd never seen;
He wanted to see the great machine
That travels along on the railway."

People are so much interested at the present time in "Limericks" that the company is sure to enter with zest into a game of this description, for example:—

"To a party one fine Christmas Day,
There went a fair damsel called May,
And there, quite by chance,
As she stood up to dance,
....."

One person should be appointed to read out all the replies, and votes should be taken for the line which is considered best.

A good plan sometimes is to give some little prize to the winner in one or two of the games; a small calendar for a gentleman is quite enough, and very pretty ones may be bought for a few pence. For a lady, a dainty little pincushion—made at home—is always welcome, or a box of costume crackers will do for a winner of either sex. This is sure to be opened at once, and the contents shared with the rest of the company, and this creates no little fun and amusement.

Those who have young people to entertain will be delighted with C. W. Faulkner's shilling games, which not only amuse, but occupy the intelligence. They can be had at any stationer's or stores.

No. 8012

No. 8013

"UTILITY" GOWN FOR ALL OCCASIONS.

For Description see Page 6.

Price of Paper Patterns, Skirt, Bodice, Blouse, each 6½d.; Over-blouse (No. 8013), price 3½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

New Detachable Waistcoat for Coats.

EMBROIDERED IN LINDHORST'S ODIN FLOSS AND CHENILLE.

By Mrs. Hamer-Jackson.

IN giving the design of and instructions for decorating this handsome waistcoat, I must remind my readers that embroidery of all sorts is more in evidence than ever, both in the case of draperies connected with the household and articles of feminine wear, the latter, doubtless for the reason that Directoire and Empire styles not only lend themselves to embroidery schemes, but, in a manner, demand that form of embellishment. Everything, nowadays, is ornamented by hand, nor can a more charming and less costly method of beautifying any material be imagined.

Embroidery for Waistcoat worked in Lindhorst's Odin Floss and Chenille.

Full-size Transfers of the Embroidery (right and left sides), price 4½d., post free, can be had from Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

Even more especially is this true in the case of the waistcoats so much in vogue. The more handsomely trimmed they are, the more do they add of value to even the most elaborate toilette. They are intended to be ornate, and for correctness and adaptation to the prevailing mode must not only be ornate, but artistic to a degree.

It will only be necessary to glance in the illustration to see how very simple it is in detail, yet wonderfully brilliant in effect. The long stems with their graceful tendrils, and varied flowers, is well set off with the pastoral looking lovers' knot, and this knot is cleverly interwoven with a clustering spray at the bottom.

For the working of these and to give the requisite effect it will be necessary to use the lovely Odin Floss in different shades, and for the clusters of mimosa, yellow embroidery chenille.

The stems and leaves are in various green shades, at least two; the large flowers should be either in blue (two soft shades) or pale pink (two shades). The lovers' knots are embroidered in one of these colours, but not the same as the flowers, although in the Odin Floss. The stem stitch, being in a measure the foundation of the design, should first be worked. It is very easy, and as pretty as easy. As will be seen, it merely consists in placing the needle right to left slantwise, and bringing it up and repeating; but always remember that it is necessary to have your stitches just close enough to hide all traces of the material underneath.

The stem should be cleverly shaded. On no account allow violent contrasts, even in the green, to appear. A rich, velvety appearance is given by attention to this detail, with a super-touch if its own.

The flowers and leaves are done in long satin stitch, and this, it must be understood, involves the padding necessary to give the desired effect when finished. The padding is arranged by means of a number of stitches underneath, as in the detailed illustration; care must, however, be taken to keep these stitches properly within the outline, as well as to preserve their uniformity, and so keep them taut and even. In working the long satin stitch over the padding, see that each strand is neither too tight nor too loose. Don't allow one to be drawn too much, and another to protrude above or outside of the other. The seeing to all this is a mere trifle as far as trouble is concerned, and while due watchfulness will mean the preserving of the artistic effect, neglect of it will certainly mar the whole.

The little spiral tendrils escaping a intervals from the stems should certainly be worked in a paler shade of green than the stem itself. Have the stalks from which the mimosa buds appear in perfect keeping with the yellow of the flowers. By that I mean it should be in a rather dull, soft green, the only shade that is likely to set off the mimosa. These little things seem of little consequence when doing the actual work of embroidering and grouping, but the satisfaction with which the artist in silks and chenille can survey her completed task will amply repay everything in the nature of extra care.

The mimosa is worked in French knots in the following way: Bring up your chenille near the exact spot upon which the knot is to appear, then twist the chenille round the needle the requisite number of times to give the knot the curved, flowerlike effect in illustration; it is then caught from underneath, and made perfectly firm and secure. Each knot should be of uniform size, except when sloping towards the edge of the spray, when they might be the least bit smaller.

Naturally, the lovers' knots are much wider than are the stems, and I should suggest their being worked in at least two shades of either pink or blue. The hint as to the close stitching in order to prevent a glimpse of the ground work, may be

referred to here, as these knots should be very nicely made and finished. Altogether the trouble will be comparatively small in embroidering this unique and handsome design. It is more a case of artistic taste, and a general eye for effect.

Lindhorst's exquisite Odin Floss shines like spun glass, and is very soft. The name of their nearest retail agent will be supplied by P. Lindhorst, Department 8, 21, Newgate Street, London, E.C.

"I think your Free Patterns this month are just lovely—far superior to any other journal."—Mrs. F. E. W.

No. 8014 No. 8015 No. 8016

No. 8017 No. 8018 No. 8019

SMART WINTER DESIGNS FOR THE GIRLS AND BOYS.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, each 6½d., post free, from MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

PHARMACY FOR WOMEN.

By E. M. Evors.

NO doubt the brilliant success of Miss Gertrude Holland Wren in winning the blue ribbon of the pharmaceutical world—the Pereira medal—last October has spurred on many an ambitious girl to think of pharmacy as a profession. Miss Wren, who was only twenty-two at the time, is the first woman to gain this high distinction. She has now become Demonstrator to the women students at the Pharmaceutical Society's School of Pharmacy—the first woman, also, to hold that post.

The woman who intends to take up pharmacy as a means of livelihood can only place herself on an equal footing with men by taking up the full course as set forth by the Pharmaceutical Society. When once she has passed the Minor Qualifying Examination of this Society, and her name is registered as a "Chemist and Druggist" under the Pharmacy Act of 1868, she need never stoop to undersell a man with the same qualification, for her market value is equal with his. If she succeeds in passing the Major examination of the Pharmaceutical Society, she becomes registered as a "Pharmaceutical Chemist," and can write Ph.C. after her name. This is the highest exam. attainable in Pharmacy, and among the special privileges it conveys is exemption from service on juries—a privilege which does not yet concern women in this country!

It is of the utmost importance that fully qualified women chemists should not injure the prospects of men in the same field by taking lower salaries; and they are not driven to do so by extreme poverty, for the women pharmacists may be said to come from a well-to-do class or they could never afford the training. Prospects, of course, fluctuate, and berths are not always vacant, but the qualified chemist need not wait long.

The Association of Women Pharmacists (Gordon Hall, Gordon Square, W.C.), which was formed four years ago, not only keeps a register of all women who have passed the Qualifying Examination of the Pharmaceutical Society, but also a list of members requiring assistants, locum tenentes, and so on. It is, therefore, in an informal way a bureau for the filling of vacancies. There are now nearly 200 qualified and registered women chemists in this country, and most of those who have passed the Minor Examination since the Association was started are among its members. The A.W.P. acts almost as a trade union in its upholding of the prestige of the profession, insisting on adequate salaries, &c. It now offers a scheme of insurance, in connection with the Norwich Union Assurance Society, for old age pensions. Happily there is no age limit for a chemist and druggist—other than that fixed by the state of her mental and physical health.

To become an efficient and satisfactory chemist or dispenser, a girl must have a good general education as a basis for her by-no-means-easy technical examinations (which involve high mental powers); and she must be physically strong enough to stand the strain of (often) long hours, and the continuous standing which the nature of her work necessitates. As the calling of a dispenser bristles with responsibility, she should possess a certain stability of character; be conscientious and trustworthy, and not given to "scamping" her work. She is bound to do her duties thoroughly and honestly—unsupervised—and these include the selling and compounding of poisons, and the reading of many strange kinds of prescriptions. In pharmacy there is ample scope for the exercise of those qualities in which women are supposed specially to excel—neatness, accuracy, patience, attention to details.

To become a qualified chemist costs about £100 (exclusive of board and lodging). Before a candidate is eligible to sit for the Qualifying Examination of the Pharmaceutical Society she must have had a three years' apprenticeship with a chemist in a shop, or under a dispenser in an institution. There is no hard and fast rule as to the terms for this, but a very ordinary sum asked is £20 a year. Arrangements should be made with the chemist to give the pupil personal instruction in chemistry, botany, &c., also in pharmacy and dispensing. Failing this, he should allow her time to obtain it elsewhere. The names of the lady chemists who take pupils may be had from the Secretary of the Pharmaceutical Society, 17, Bloomsbury Square, W.C. After this three years'

No. 8021.—Blouse of Spotted Muslin and Lace.

For Description see Pages 30 to 34.

Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8020.—A Pretty Silk Blouse.

For Description see pages 30 to 34.

Price of Paper Pattern 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

"I think it (the embroidered blouse) quite the prettiest of the kind I have seen." —N.B

course, some months ought to be spent in a school of pharmacy—fees range from £15 to £30.

A candidate cannot sit for the Minor Examination until she is twenty-one, and she must have passed a Preliminary Examination in the following subjects:—English grammar, Latin, arithmetic, algebra, Euclid, and one foreign language. A fee of two guineas is charged by the Pharmaceutical Society for registration as "Apprentice or Student," and their fee for the Minor Examination is ten guineas. This Minor Qualifying Examination is undoubtedly stiff, but quite within the power of a candidate who has worked hard in all the subjects during her training. It is both practical and oral, and includes pharmacy (practical and theoretical), physics, chemistry (practical and theoretical), botany (including histology), Latin, and materia medica. When the certificate is gained, the newly-made "chemist and druggist" is entitled to practise pharmacy almost everywhere in the British dominions, and may accordingly keep open shop for the sale of poisons.

When duly qualified, a woman may become a retail chemist on her own account (although she is very often debarred from this step by lack of sufficient capital as well as by the strain of the long hours of the business), or a manager or assistant to a chemist (salaries vary from £60 to £80 indoors and from £120 outdoors). I heard only the other day of a woman who had secured a billet as manager in a Glasgow pharmacy, but her salary was not divulged. Quite a large number of women are now practising as dispensers in hospitals, which seems a favourite outlet for the woman pharmacist. A list of some of the more important posts appear in the "Englishwoman's Year Book" to date. That list, however, does not, of course, cover the appointments during 1908, and it is pleasant, in following the course of events, to note the number of institutions which have recently opened the berth to a woman where formerly a man was employed. Among these new appointments are the following:—

Miss Jepson: Pharmacist to the Cutler Boulter Dispensary, Oxford.

Miss Lunn: Assistant Dispenser at the Hospital for Diseases of the Chest, Brompton, S.W. (There are now two women pharmacists here.)

Miss Kimbell: Dispenser at the Grosvenor Hospital for Women and Children, Vincent Square, Westminster.

Miss Durand: Dispenser to the Gravesend Hospital.

Miss Wardle: Assistant Dispenser, Queen's Hospital for Children, Hackney Road.

The salaries in hospitals and institutions vary to an astonishing extent, though in a measure the disparities may be accounted for by the size of the institution and the number of hours on duty demanded. £80 a year, indoors, is probably an average salary; £110 to £120 outdoors. It is regrettable that no minimum salary has been fixed.

No. 8022.—DIRECTOIRE DANCE FROCK.

For Description see Pages 30 to 34.

Price of Paper Pattern, Skirt, Foundation Skirt, or Bodice, each 6½d., post free, of MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

No. 8028 No. 8024

A FUR LINED TRAVELLING COAT AND AFTERNOON PROMENADE GOWN

For Descripticns see Pages 30 to 34.

Price of Paper Patterns, Coats, each 9½d., Skirts or Foundation Skirts, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8025.—ELEGANT AFTERNOON GOWN.

For Description see Pages 30 to 34.

Price of Paper Pattern, 2s. 0½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

To become a wholesale and manufacturing chemist it is advisable to take the "Major" Examination of the Pharmaceutical Society. This necessitates a further six months of study, and an examination fee of three guineas. This examination, which occupies three days, covers pharmacy, botany, chemistry, and materia medica—all in an advanced form.

The other day I paid my first visit to a practising lady dispenser, and found it a most interesting experience. My friend's billet is that of pharmacist at the Branch Seamen's Hospital, Victoria and Albert Docks, to which is attached the Tropical School of Medicine. Running the gauntlet of a laboratory full of learned scientists—professors and students—whose eyes (I need not have felt self-conscious) were eagerly scanning their wonderful "bugs" and specimens under the microscope, I was directed to the domain of the queen of the dispensary. It was a small domain, certainly, but what power resided in it! Power, unlimited power over poisons! The hours here are from 9.30 to 5 (Saturdays 9.30 to 2). Three weeks' holiday a year, besides Bank holidays, are given, and in the summer holiday, of course, a locum tenens is requisitioned. Presumably one of the medical staff comes to the rescue on the "off" days, if a prescription should be needed in hot haste.

The long, narrow little room, with its shelves filled with innumerable mysterious bottles, and its neat little labelled drawers full of materia medica, was a pattern of order. It was otherwise "furnished" with one high, uncompromising backless stool, a table-fitting, and a sink with hot and cold water. The dispenser looked very fresh and dainty in a pale blue linen overall, and seemed very happy and interested in her work. This consists in dispensing for the out-patients, for the wards (fifty beds), and if necessary for the hospital staff. Special, uncommon medicines, too, she sometimes has to concoct suitable for tropical diseases such as "sleeping sickness," the Latin name of which I have forgotten. Another responsible duty which here falls to the lot of the dispenser is the buying of the drugs, and as these must be up to the correct standard in strength and quality, she had a fascinating instrument called a chemical balance wherewith to test them. For the sake of economy, nearly all the pharmaceutical preparations are made up on the spot. This visit was a most interesting insight into the work of a dispenser.

Many girls who are drawn towards dispensing take up the certificate granted by the Apothecaries' Hall, of Water Lane, Blackfriars, E.C. This body examines on a six months' course of chemistry and dispensing, and the examination is known as the Assistants'. The fee is five guineas. It is useful for the wives and daughters of medical men who wish to do their relative's dispensing, and it is also valuable for missionaries and nurses. Many doctors employ dispensers who have the Apothecaries' Hall certificate, but the salaries are so very poor that to take it with a view to earning one's own living seems scarcely worth while, as far better remuneration can be gained from clerkships, and many other callings. Moreover, as the process of qualification is so simple, it is not easy, owing to the number who take the certificate, to find employment. Parliament has vested in Apothecaries' Hall the right of requiring all persons who act as dispensers to doctors to have passed the Assistants' Examination.

No. 8026

No. 8027

No. 8028

SMART WINTER MILLINERY.

For Descriptions see Pages 31 *to* 34.

No. 8029 No. 8030

ATTRACTIVE WINTER TAILOR GOWNS.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Pleated Skirt, 1s. 0½d.; Bonaparte Coat, 9½d.; Skirt, Foundation Skirts, Coat, each 6½d.; post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

No. 8031 No. 8032 No. 8033 No. 80

BEAUTIFUL VISITING GOWNS AND TAILOR AFTE

For Descriptions see pages 81 to 84.

Price of Paper Patterns, Princess Overdress, 2s. 0½d.; Pleated Skirt, 1s. 0½d.; Long Coats, each 9½d.; Skirts, Foundation Skirts

No. 8033 No. 8034 No. 8035 No. 8036

ITING GOWNS AND TAILOR AFTERNOON COSTUMES.

For Descriptions see pages 81 to 84.

Long Coats, each 9½d.; Skirts, Foundation Skirts, or Coats, each 6½d., post free, of MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

DESCRIPTIONS OF THE FREE PATTERNS.

[Note.—Our Free Patterns, presented with each number, are always cut *stock size* for ladies: Skirts (from *natural* waist), 40in., front length (except for trottoir, when length is only 38in.); waist measurement (skirts, coats, blouses, &c.), 24in. Children's patterns are cut the recognised stock size for the ages quoted in the description. *No* turnings are given.]

NEW PLEATED SKIRT.

THIS is a new and very handsome model, with the moderately high Directoire waist, higher at the back than in front. The skirt should fall very softly, and be worn over the softest of foundation skirts, with nothing beneath but the Directoire pants (see No. 8055) over the combination. The undergarments should be very nicely fitted to get the best effects.

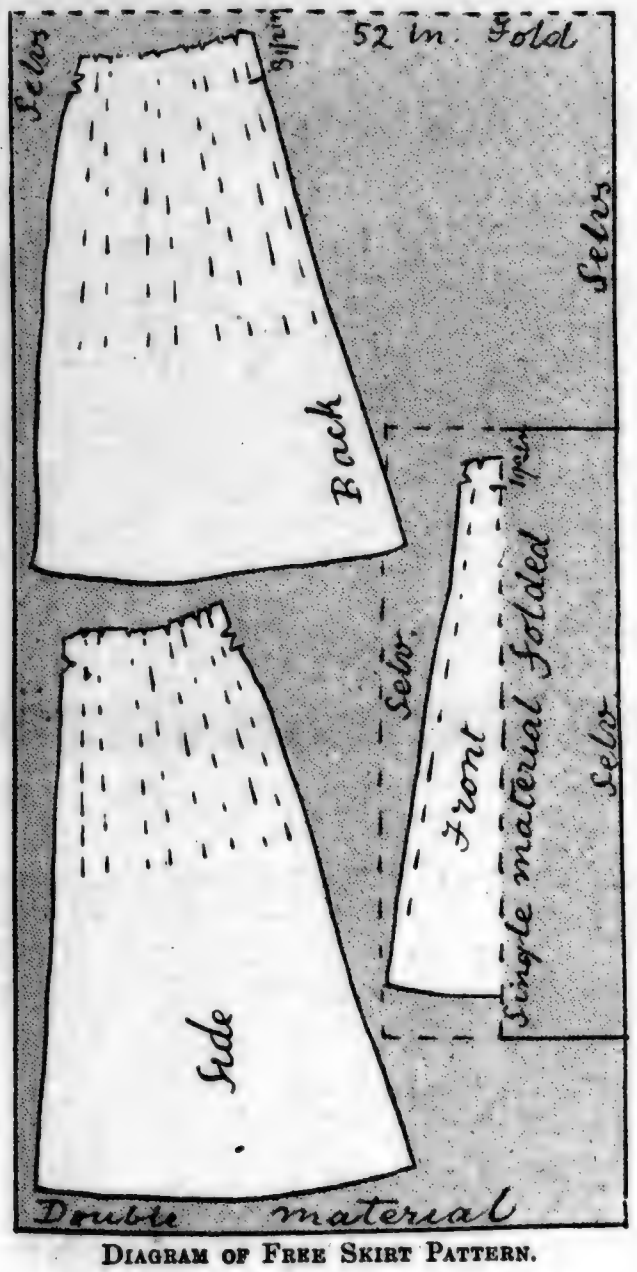


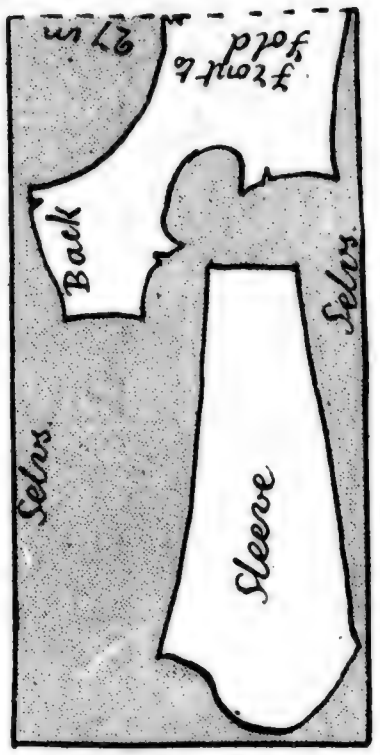
Diagram of Free Skirt Pattern.

The pattern is in three pieces: half the tablier (forming a pleat over the one-notch seam), one pleated side, one pleated back. Notches at the top edge of the pattern pieces, and dotted lines in the diagram, show where the folds of the pleats come. These pleats, please notice, turn from the front (making the tablier look like a box-pleat) and meet on the central back seam. The skirt can close in the left tablier seam or at the back, and the pocket, if one is insisted on, can be inserted in this place. Most people do *not* have pockets in these slender skirts, as the handkerchief or purse push out the skirt just where it should cling. Hence the number of little bags and fancy hand purses to be found to-day in every shop. Everybody owns such a bag, as everybody receives them as birthday and Christmas presents.

The diagram shows the pattern pieces laid on 5 yards 52-inch face cloth, which is opened out and is double, so that sides and backs are cut in duplicate. The upper layer of material is folded over, and the centre of the tablier is laid on the fold, so that it is cut in one piece. There is a good bit of waste, which can go towards a bodice or coat. If the material is *reversible* (not up-and-down), like most tweeds, material can be saved by reversing the breadths and interlacing them. Some people would save material by cutting the wider breadths out of half widths and adding corners, but of course the effect is not good, and the cross seams stiffen the pleats.

No. 8.—NEW DETACHABLE WAISTCOAT.
One of Our Four Free Patterns.
For Description see page 26.

Stitch the seams of the skirt (except the back seam) and arrange the pleats, tacking them down from top to lower edge. Use a large table, so that the skirt can lie on it flat as you pleat. The front centre is 1½ inches above the natural waist, and this extra length rises to 3½ inches at the back centre. To get a good effect, the skirt should be tried on over the proper under garments. In trying on (after stitching back seam), increase and let out your tacked pleats to follow the lines of the figure (*not* too accentuated, of course) as far as the knees, leaving a certain flow (even when the pleats are tacked down) at and below the knees. Press these pleats carefully and stitch down as shown in the illustration. Below the stitching the pleats of course fall free. Finish the top edge with a ribbon and supply it with several of Newey's Imperial Spring Hooks, which will hook into the corresponding eyes sewn on the blouse (supported by a stitched band of the blouse material).



Diagrams of Free Blouse Pattern (Lining and Material).

It is best to turn up the hem last of all, as then you can get the exact length you require. This hem should be quite soft, but, to obviate any tendency to roll up, an interlining of muslin (*not* stiffened) should be inserted.

This skirt looks lovely for evening wear, made of flimsy gauze or net either gathered at the top or arranged in small pleats to fit the high waist, all pleats of course being left free, to fall naturally over the satin foundation skirt or Directoire underdress (see No. 8050). To go with the free evening blouse pattern, weight the skirt with the

"Your journal is indeed a great help to me. . . . I have to rely on a good book."—Miss D. B. (Newcastle-on-Tyne).

"'Myra's' Free Patterns are the best in the World."—Mrs. S. H.

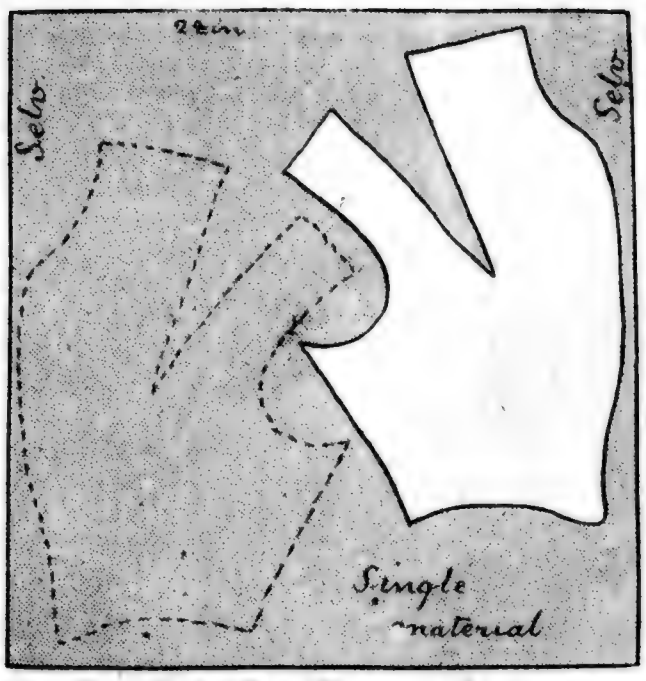


DIAGRAM OF FREE WAISTCOAT PATTERN

same lace which forms the pretty berthe of the blouse. The effect is very charming, and a particularly dainty Directoire dance frock is secured.

A DRAPED EVENING BLOUSE.

Besides being particularly pretty and up-to-date, this blouse is very simple and very quickly made. The pattern is in three pieces: half the lining, half the blouse pattern (front and backs in one), one ruffled sleeve.

The diagrams show (1) the lining pattern placed on 1¾ yards of 22-inch white silk, which is opened out and is doubled, so that pattern is cut in duplicate. Backs and front should be in one, but as the silk is to be veiled, a front seam (neat and well pressed) does not matter. (2) The blouse and sleeve patterns laid on 3¼ yards 27-inch spotted lace net. A spot should be chosen or the blouse cannot be in a single piece. 45-inch net is not wide enough to take the complete blouse (front and two backs) from selvedge to selvedge. The best way is to secure a 27-inch net with round spot, and then fold it across from selvedge to selvedge, and put front centre of blouse along the fold. Then the sleeve pattern must come in a reverse direction,

No. 4.—CHILD'S DRESSING GOWN.
For Description see Page 30.

No. 2.—DRAPED EVENING BLOUSE.
(SHOWING FREE SKIRT ARRANGED FOR EVENING WEAR.)
For Description see this Page.

No. 1.—NEW PLEATED SKIRT.
(SHOWING THE FREE BLOUSE PATTERN ARRANGED FOR CLOTH.)
For Description see Page 24.

(For Free Pattern, No. 3, see Page 24.)

THREE OF OUR FOUR FREE PATTERNS.

as seams in net put merely to widen are very ugly. Besides, front being cut with backs necessitates a material with no special "up-and-down." If a lace net is chosen with a design which can go in *one* direction only, then a shoulder seam is imperative—where the net is gathered to fit the lining.

To an inch or two below the single and double notches veil the neck of the lining with lace. Then drape the net on the lining, the double notches of front and single notches of backs coinciding. Gather the net up the backs (the gathers can be covered with a band of lace insertion edged with tiny frills) and up the sides (single notch seams). Tack the single notch seams and try on. Stitch the seams, and this pretty, simple blouse is almost finished. Hem the backs and close with very small Newey's Imperial Spring hooks and eyes, the eyes worked over with silk so as not to show. Hem or bind the lower edge, which reaches the natural waist. Stitch on wrong side a strip of the silk lining following the line of the Directoire skirt, and sew on eyes to receive the hooks on the skirt. Then drape the Directoire sash of soft satin ribbon twice round the waist, the long ends tied loosely round the hips, falling to one side.

This blouse pattern can be used for a day blouse in cloth, to match the free pleated cloth skirt, and this will use up the skirt waste with the aid of another yard of material. A detachable yoke of velvet or tucked silk must be added. The illustration shows how very elegant the day version of our free blouse can be. Cloth does not ruck well, so that it is better to use up the extra length in inch or half-inch tucks. The cloth sleeve, of course, should be lined (cut lining on sleeve after tucking.) The fulness on the shoulder would look better *tucked* instead of gathered, for cloth. Hold each tuck on sleeve and shoulder with a small velvet button.

In tacking the seams of the rucked net sleeve, draw up the material on the tacking thread, and run a thread along the central fold of the one-piece sleeve. Try on. Adjust the fullness (and length) on the wearer, pinning a band of lace insertion down the tacking thread along the fold, so that the fullness is kept exactly where it is wanted. The sleeve could be lined with silk or left transparent.

A DETACHABLE WAISTCOAT FOR COATS.

It is very well shaped by means of a dart from shoulder to bust. Everybody should have one of these waistcoats. It should be of white silk or cloth, beautifully worked (for directions for embroidery, see page 14). It fastens edge to edge down the front centre. It should be interlined with muslin and lined with white silk. Finish *all* the edges very carefully, including side and shoulder lines, because this is to be a *detachable* waistcoat, to be tacked to shoulder and side seams of any open coat which we wish to close, or to make warmer a closed coat which can be buttoned *over* it or left unbuttoned. It is tacked into any coat in five minutes.

The diagram shows the pattern piece laid on $\frac{7}{8}$ yard of 22-inch white silk. The duplicate is marked out on the single material. The new shoulder dart is cut out in the pattern, so as not to confuse the shape; but ladies should only mark it out in tacking on their silk, because, according to their figure, the dart will have to be modified in trying on. Close the fronts with Newey's Rustless White Imperial Spring hooks and eyes, mounted between the waistcoat and its lining. The shoulder dart is far superior to the breast dart for vests, because it fits beautifully (if well tried on), and it *never shows*, being completely hidden by the shoulder of the coat.

The waistcoat is illustrated tacked into a very lovely velvet coat, which can be left open or buttoned over it. Revers or Bonaparte collar are faced with white moire. The price of the coat pattern is 6½d., post free.

No. 8037 No. 8038

TWO DAINTY EVENING GOWNS.

For Descriptions see Pages 31 to 34.

Price of Paper Patterns, Shirts or Bodices, each 6½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

"Your patterns are all so well cut, it is always a pleasure to use them."—C. L. G.

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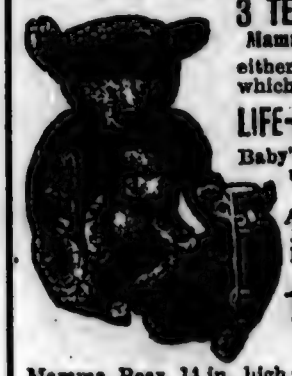

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Baby's cast-off clothes can now be used for dressing dolly.

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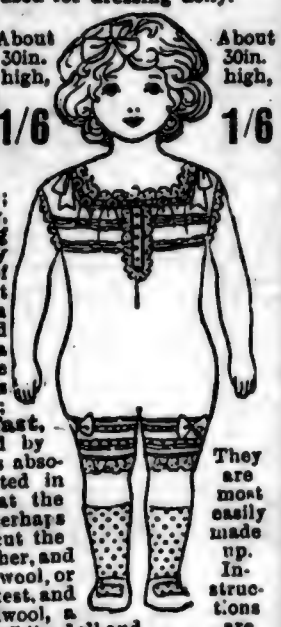

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No. 8039 Nos. 8040 & 8041 No. 8042 Nos. 8043 & 8044

Nos. 8045 & 8046 No. 8047 Nos. 8048 & 8049

SUGGESTIONS FOR LAYETTES.

For Description see Pages 30 to 34.

Price of Paper Patterns, each 6½d.; Pilch and Bib, each 3½d., post free of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8050 No. 8051 No. 8052

No. 8053 No. 8054 No. 8055

DIRECTOIRE UNDERWEAR, SHOWING THE NEW DIRECTOIRE PANTS (No. 8055), WITH BACK VIEW

For Descriptions see Pages 30 to 31.

Price of Paper Patterns, Under-dresses, each 1s. 0½d.; *the other Models, each* 6½d., *post free, of* MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

The embroidering of the waistcoat is so well explained in another part of the paper that there remains little for me to say about it. There are one or two points, however, I should like to mention. When a waistcoat is, like our model, an artistic piece of needlework, no buttons or buttonholes should be used on any account. The best of buttons would look obviously out of place, and the buttonholes would spoil the embroidery. So the best fastenings are invisible hooks and eyes, put very close to the edge, in fact between the material and the lining, and so arranged that when fastened the edges keep firmly together.

CHILD'S DRESSING GOWN.

This is a capital little pattern. In *plain* material—molleton is the best—it should be entirely in one piece except for the cuffs. But we have given the pattern in *two* pieces (one front, half the back) because ladies often prefer figured molleton—such designs are rarely reversible—and then a seam along the shoulder and sleeve is required.

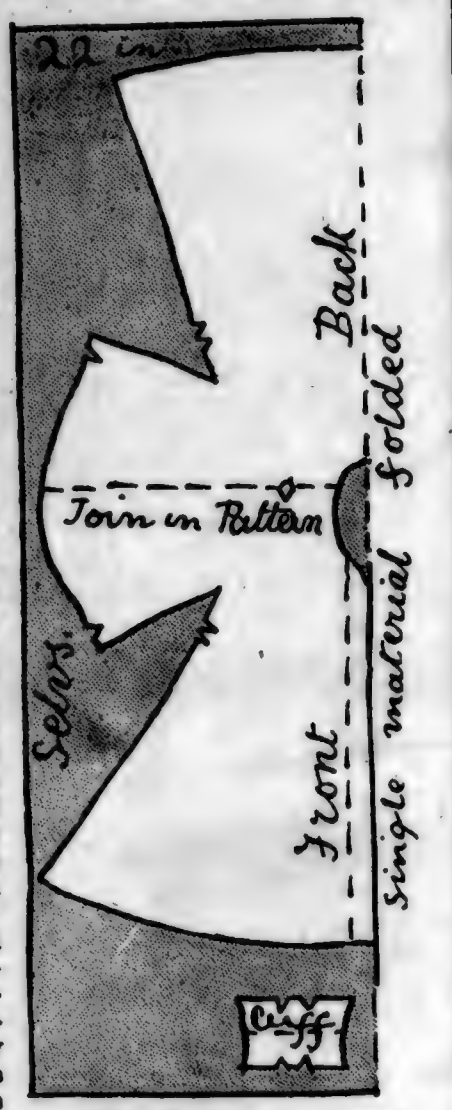


Diagram of Dressing-gown Pattern.

The diagram shows the pattern pieces laid on 2¼ yards of *plain* molleton, 44 inches wide. As there should be no seam, pin together back and front at the notched shoulder seam, as shown in the diagram. Fold the molleton (selvedges meeting) and lay back centre along the seam. The fold must be slit for the fronts. Thus the gown is in one piece only. The pattern is for a a child of five.

Stitch the under arm seams (double notches). Bind them with sarsanet. Put strips of the molleton, cut from the waste and seamed if necessary, to face the fronts. Hem the neck and right front with cheap washing galon. The gown, which is double-breasted, closes over on the left with a few buttons and cord loops. A cord girdle can be worn round the waist or the gown could be left free.

The sleeve is gathered, according to the notches, into the doubled cuff, which first must be trimmed with galon. The cuff can be seamed or it can close with a button and loop. The gown is suitable for a boy or girl.

No. 8056.—Directoire Dance Frock for a Young Lady.

For Description see Pages 31 to 34.

Price of Paper Pattern, 2s. 0½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

"Of all the ladies' papers that are published Myra is undoubtedly the very best."—M. H.

Descriptions of the Illustrations.

A Coat and Skirt of Louis Velveteen.

No. 7998, Page 3. Seven-gore high waist skirt, unlined, hemmed invisibly from the back over a band of unstiffened muslin. Lovely coat, waist very high at back. Fronts are cut with revers faced with braided white cloth. Waistcoat fronts of the braided cloth, closing with tab, and buttoning across a lace jabot. Bonaparte collar faced with braided cloth. Elegant sleeve with pleat down the outside, slightly pleated into shoulder. Braided cuff. Line coat with white silk, cut on coat pattern, but seamed apart. 24-inch velveteen, 14 yards.

A Fur or Velvet Coat.

No. 7999, Page 5. Smart, short, French coat neatly fitted but not tight, the waist short at back. Stiffen double-breasted fronts and face with white satin braided at edge. Close with large buttons and braid loops. The upright collar has smart little revers, faced with the fur or velvet. Two-piece flat coat sleeve. Line with white satin cut on coat pattern but seamed apart. 42-inch Velours du Nord, 2½ yards.

Directoire Coat and Skirt of Cloth.

No. 8,000, Page 6. Sheath, high-waisted skirt in seven gores, the tablier wide, and decorated with large buttons. Skirt closes on left. Hem invisibly from the back over a band of muslin and wear over a Directoire foundation skirt of soft material. Long single-breasted coat, closing with very large buttons. The revers are faced with black satin and with braided white cloth, satin facing continuing in bands at the back. Two-piece flat sleeve with big cuff, faced with braided white cloth edged satin. Bonaparte collarette of lace and black satin, with lace jabot. Line with white satin, cut on coat pattern, but seamed apart. Fronts are faced with the white cloth. 52-inch cloth, 9 yards.

(For description of No. 8001, see page 8.)

No. 8057.—BOY'S AMERICAN BLOUSE.
For Description see pages 31 to 34.
Price of Paper Pattern, 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

French Coat.

No. 8002, Page 7. This goes excellently with our pleated skirt pattern. It has two backs, four sides, two fronts. Flat, two-piece coat sleeve. Should be of the skirt material. There is no collar, the neck being finished with rows of narrow silk braid, with a separate boa of sable. Face fronts with the material. Line with satin, cut on coat pattern but seamed apart. Quantity of material required, 52-inch cloth, 2½ yards. Sleeve is trimmed with the narrow braid.

(For Description of No. 8003, See Page 8.)

A Smart Silk or Velveteen Blouse.

No. 8004, Page 9. Double-breasted fronts and one-piece back, closing with metal buttons. Rucked sleeve. Straps of metal braid on shoulders tipped with little tassels. Collar and cuff are simulated with braiding. Transfers of braiding (collar and two cuffs) can be had from Mme. Myra, price, 6½d., post free. The braiding is very quickly done, and is very effective, touched up with French knots. Silk or metal braid can be used. 22-inch silk required, 4 yards.

Charming Blouse of Accordion Pleated Crepe de Chine.

No. 8005, Page 9. The material is pleated and then is cut to shape by flat pattern. One back, two fronts, the fronts separated by a vest of coarse lace on satin, matching the crêpe de chine. Collar of lace and satin. Edge collar and sleeve with a frill. Sleeve is lined (lining cut on flat pattern) with very thin silk. 44-inch material (before pleating), 4 yards. Little velvet tie. Close on left, collar hooking at back.

A Tucked Silk Blouse.

No. 8006, Page 9. Two tucked fronts and two tucked backs (tucks wheelmarked on pattern). Vest of lace cut in one with yoke. Close at back beneath a band of lace. Lace band edges blouse neck. Little lace revers. Smart sleeve tucked up inside seam. Lace collar draped to flat pattern on bones. 22-inch silk, 6 yards.

A Remarkable Book on the Preservation of Health.

DR. ANDREW WILSON, the distinguished authority on hygienic science and health questions, is evidently a believer in Thomas Carlyle's doctrine that there is no utility in pointing out misfortunes unless you at the same time indicate the remedy.

In his remarkable little book, "The Art of Living," just issued from the press, Dr. Wilson not only points out that "our first duty to ourselves is to check illness at the outset," but he follows up this admonition with the more welcome information how we are to do it.

He, so to speak, says, "You have the evil of ill-health to fight. Now, here's the weapon to fight it with. Strike for freedom." For example, he says: "Suppose a person has run down—feels languid, and is easily tired. If he neglects this warning—for all such signs and symptoms are Nature's warning to us—the possibility is that he will pass further afield into the great lone land of disease."

"Can he do anything to save himself from such a disastrous result? In the vast majority of cases he can restore his vigour." How?

"Probably," says the doctor, "he will be advised to take a tonic. This in the main is good advice. Unfortunately, the number of tonics is legion, but if there exists any preparation which can combine in itself the properties of a tonic and restorative, and which at the same time can contribute to the nourishment and building up of the enfeebled body, it is evident such an agent must prove of the utmost value to everybody. I have found such a tonic and restorative in the preparation known as Sanatogen."

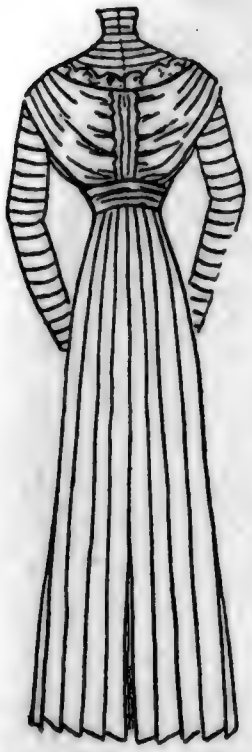
How the distinguished author found this tonic he tells us in an interesting bit of autobiography. "Recovering from an attack of influenza," he says, "and suffering from the severe weakness incidental to that ailment, Sanatogen was brought under my notice. I gave it a fair trial, and the results were all that could have been desired. In a short time my appetite improved, the weakness was conquered, and without the use of any other medicine or preparation I was restored to health."

Sanatogen, he tells us, "combines two distinct elements, one tonic and the other nutritive." Further, it is no "secret" remedy, for as he pertinently observes, "its composition is well known; otherwise medical men would not prescribe it."

What the tonic and nutritive elements of Sanatogen are, and how they effect so much good, Dr. Wilson describes in simple, convincing terms. The whole passage is too long to quote, but one important remark of the writer may be given—namely, that one of the principal elements of Sanatogen "represents the substance which actually forms a very important, if not the most important, constituent of our brain and nervous system."

How, through regenerating the nervous system, Sanatogen restores the functions of the digestive organs, and by rebuilding the tissues compensates the wear and tear of latter-day life; how it does away with the need of stimulants, and cures the sick by the natural method of making the body strong enough to drive out disease—all this, in the delightful style of Dr. Wilson's language, makes engrossing and pleasant, as well as instructive reading. This last contribution of his to the literature of health may certainly be calculated to carry joyful news to the ailing and weary.

A limited number of complete specimen copies of "The Art of Living," by Dr. Andrew Wilson, are available for distribution. A copy will be sent gratis and post free on application to the publishers, F. Williams & Co., 24, Alfred Place, London, W.C., mentioning MYRA'S JOURNAL. Sanatogen is used in the Royal Family, and can be obtained of all chemists in tins from 1s. 9d. to 9s. 6d.



BACK VIEW OF FREE SKIRT PATTERN.
Showing also back drapery of the Blouse Pattern.

Evening Kimona Blouse of Lace.

No. 8007, A front and two backs, cut in 45-inch lace net, gathered to a yoke and sleeve-band of sequin net. Close at back. Mount on a silk slip which has a fitted sleeve lining of Brussels net. 45-inch lace net, 2 yards.
Page 9.

A Bonaparte Coat and Skirt.

No. 8008, High waist **skirt** in seven gores, closing at back. It is lined at top to support the hooks which fasten it to the short blouse. The hem is felled invisibly (over a band of muslin) from the back. Original coat with Bonaparte revers and tails. There are two backs and added fronts. Face fronts with the material, edged with velvet and decorated with velvet straps and buttons. Lace jabot. 52-inch cloth, 7 yards.
Page 10.

Braided "Bonaparte" Gown.

No. 8009, Seven-gore Directoire sheath skirt, rather high waisted, especially at back. The broad tablier laps on the left decorated with silk braiding. Smart coat with rather broad one-piece back, of which the basque corners are braided like skirt almost to waist. Fronts are open, cut with coquillé revers and are braided. Two waistcoat fronts of white cloth, draped across with a black satin sash which (much narrower) is carried over front to hook with knot and end on back seam just below waist. This sash can be omitted. Collar of black satin, the ends passing under the revers. Face fronts with braided cloth. Two-piece sleeve decorated with buttons and braid; false buttonholes. Line coat with satin, cut on coat pattern, but seamed apart. 52-inch cloth, 9 yards.
Page 11.

A Useful Coat.

No. 8010, Can be a separate wrap or match a 7-gore skirt. A feature is the sort of bolero simulated with lines of silk braid. The brandenburghs are of the same braid. Coat closes edge to edge with hooks and eyes. Lapped seams back and front. Two-piece sleeve, braided like coat. Upright, military collar, with black satin tie. 52-inch cloth for coat, 5 yards.
Page 11.

Pretty Evening Frock of Satin and Embroidered Net.

No. 8011, This high-waist satin foundation skirt is veiled with a seven-gore skirt of net. The tunic is simulated by a band of velvet ribbon secured at upper edge only. The tunic, very long at back, short in front, is embroidered to match satin—a coarse padded, quickly executed embroidery. Satin bodice lining closing at back, the lower part hidden by a deep pleated velvet belt. Sleeve of the embroidered net, edged with velvet, and worn over a little frilled puff of net or chiffon. Berthe of the net, embroidered or edged with velvet. 45-inch net, 6 yards; 42-inch satin, 6 yards. The effect is improved if a veiling of chiffon separates satin and net overdress. Velvet ribbon rosette and ends on belt.
Page 12.

For description of Nos. 8012 *and* 8013, *see page* 6.

Young Girl's Winter Coat.

No. 8014, Two-piece double-breasted fronts joined by a lapped seam. A lapped seam joins back and sides. There is also a side-piece under each arm. Face fronts with the material, and close with pearl buttons and buttonholes made in right facing. New cord brandenburghs decorate right front and button on left. Reefer collar, faced with the material. Two-piece sleeve, with cuff. Coat can be lined throughout or only to hip. 52-inch tweed for a girl of fourteen, 5 yards.
Page 15.

Child's Directoire Party Frock.

No. 8015, Cut for a girl of ten. Of silk muslin. Full skirt is tucked to flat pattern, and is trimmed with lace. This is mounted on a silk skirt (very soft), and is secured to a silk bodice (buttoned at back) draped with front and two backs of the muslin. Lace berthe. Transparent yoke of tucked muslin and lace. Ribbon shoulder straps tipped with tassels. Muslin sleeve cut from flat pattern out of tucked muslin. 44-inch muslin, 5 yards.
Page 15.

Child's French Party Frock.

No. 8016, The under-slip is of satin—an umbrella skirt mounted on a three-piece long-waisted bodice. Over-dress of muslin. Skirt is a lace flounce, the blouse of tucked muslin (tucks wheelmarked on pattern) and lace. Dress, closing at back, is prettily decorated with ribbon. Little muslin sleeve. 22-inch satin for a girl of six, 3 yards.
Page 15.

Girl's Smart Velveteen Coat.

No. 8017. A three-piece back and two two-piece fronts. Back and front seams are lapped. Line with silk and finish with ermine collar and cuff. Two-piece sleeve. 24-inch velveteen for a girl of seven, 5 yards.
Page 15.

Little Boy's Overcoat.

No. 8018, A back and two fronts, a two-piece sleeve. Fronts are faced with the material. Back is held with a strap at waist. Face fronts with the material. Face reefer collar with astrachan. Coat is double-breasted, buttonholes made in right front. Line with Italian cloth, cut on coat pattern, but seamed apart, edges slip-stitched to stitched coat edges and front facings. Astrachan cuff. 52-inch coating for a boy of four; 2 yards.
Page 15.

Little Girl's Winter Coat.

No. 8019, Tucked back and two tucked fronts of cloth, lined to waist. Fronts are faced with cloth. Large collar braided in key pattern, and edged with ermine. One-piece sleeve, lined, with braided fur-trimmed cuff. 48-inch cloth for a girl of four, 2 yards.
Page 15.

A Pretty Silk Blouse.

No. 8020, Front and two backs of tucked silk or satin (tucks wheelmarked on pattern). Pleated three-piece yoke. Decorate with lace medallions and straps of the silk. On a lining is arranged the very soft silk sleeve. Collar of silk tucked (like yoke) to the flat pattern and supported by bones. Velvet pipes the straps hiding the junction of yoke, and there is a smart velvet tie. 44-inch silk or satin, 2½ yards.
Page 15.

Charming Tucked Blouse.

No. 8021, Tucked back and two fronts of soft material, silk, satin, crêpe de chine, &c. Tucked fichu edged with lace. Vest and band collar of lace. Lattice and bows of velvet ribbon. Ruffled sleeve, ruffled on a net lining. Tucks are wheelmarked on pattern. Looks well all white. Close with very small hooks and worked loops. 44-inch material, 4 yards.
Page 16.

A Directoire Dance Frock.

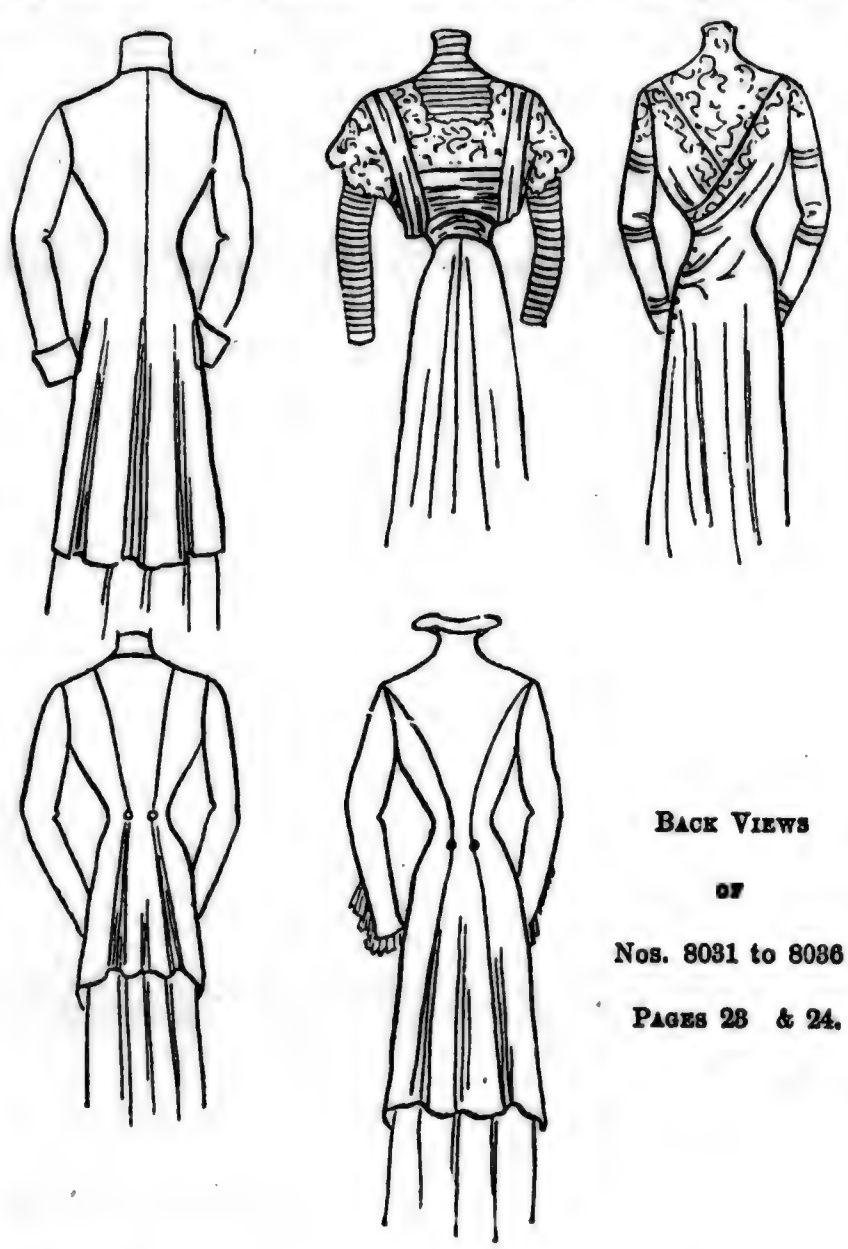
No. 8022, Original and graceful model for silk molienne, crêpe de chine, or any transparent material. Skirt cut in five gores, full above, very flowing below the knees. The lower part is of lace, hemmed with satin. Wear over a very well-fitted soft foundation skirt, tight to the knees, very flowing below, the edge with soft, shaped flounce, made of satin. Cut a bodice lining in satin—three-piece front, four sides, two backs, to close at back. Tack, fit. On it mount a quilling of skirt material, forming a plastron back and front, drawn up with a runner. There are also side draperies passing over the shoulder. Over this mount the lace corselet. Sash of satin. Lace shoulder strap. Little puff sleeve draped with satin ribbon. Double-width material, 8 yards.
Page 17.

Fur Lined Travelling Coat.

No. 8023, Very good model, of box cloth. Seams back and front are covered with braid. Edge is smartly braided. Face fronts with the cloth. They close with buttons and loops. Deep hem of the cloth. The fur is secured to hem and facings. Kimona sleeve, mounted smoothly into the armhole. Under-sleeves of cloth, lined with domet and satin matching the fur. A different fur and braid trim sleeves and Bonaparte collar, which closes with hooks and eyes. 54-inch cloth, 6 yards.
Page 18.

A Winter Coat and Skirt.

No. 8024, Very smart coat, open to short waist, partly filled in with a cloth band which holds the fur. A feature is the raw-edge unlined shaped flounce at edge of coat. Two-piece sleeve set in smoothly. Little breast pocket
Page 18.



BACK VIEWS OF Nos. 8031 to 8036
PAGES 23 & 24.

WORTH KNOWING.—Dr. Walcott, M.D., writes: "For irritation of the scalp, removal of scurf, and loss of hair I have used HOPCOOD'S NUTRITIVE AND SEDATIVE HAIR CREAM with unfailing success." Dr. Salter, M.D.: "I have witnessed its effects in restoring the hair to an extent truly surprising." Fifty years' success. Bottles 1s. 6d., 2s. 6d., and 3s. 6d., of all Chemists and Perfumers. Wholesale Agency, 51, Frith Street, London, W.

"Myra's Journal is the best fashion book one can buy and the Free Patterns are lovely."—M. Y. A.

mounted in a slit. Edge sleeve with fur. Reefer collar and fronts, with the revers, are faced with the material. Line with satin. Smart five-gore skirt, rather short-waisted. 52-inch cloth, 8 yards.

Elegant Afternoon Gown.

No. 8025, Page 19. Seven-gore corselet skirt of cashmere, pleated (pleats wheelmarked) on a high-waist corselet of lining. Hem the lower edge invisibly from the back over a band of soft muslin. Smart blouse—a back and two fronts gathered on a pleated three-piece yoke, decorated with straps braided in a key pattern. Vest and band collar of lace net. Full, very soft sleeve of the cashmere gathered to look like a continuance of fronts, on a smaller lining. Strap cuff. 48-inch cashmere, 8½ yards.

Smart Winter Millinery.

Nos. 8026 to 8028, Page 20. No. 8026, elegant white beaver hat, trimmed with white ostrich feathers. No. 8027, hat of "otter" felt, trimmed with otter fur and shaded velvet roses. No. 8028, French felt hat, trimmed with fur and a shaded wing.

Useful Travelling Dress.

No. 8029, Page 21. Pleated skirt of chequered tweed, arranged to simulate wide double box pleats. Pleats (wheelmarked on pattern) are stitched down almost to knees. Smart coat of the tweed—a back and four sides, two short fronts, and two front centres, the basques of which reach the side seams. Front and back seams are lapped. Side seams are left open, laced across with cord and large buttons. Front centres, single-breasted, are faced with the material, closing with buttonholes and large buttons. Roll collar faced with tweed and slipstitched velvet. Line with satin, cut on coat pattern, but seamed apart. Two-piece sleeve, the cuff faced with velvet. 52-inch tweed, 8 yards. For the tweed, send to Robinson and Cleaver, 40B, Donegall Place, Belfast.

Bonaparte Coat and Sheath Skirt.

No. 8030, Page 21. Seven-gore Directoire sheath skirt, rather high-waisted, especially at back. The rather broad tablier laps on the left fastened with big buttons and false buttonholes of fine cord. Smart double-breasted Directoire coat, the basques (except back) added. Back forms, with added basque, two pleats, headed with two of the large buttons. Face short fronts with the cloth, adding slipstitched moire facings to Bonaparte revers. Military collar. Three-piece sleeve, lapped top seam decorated with buttons and false buttonholes. Large Directoire cuff with moire revers. Line coat with satin, cut on coat pattern, but seamed apart. 52-inch material, 9 yards.

Elegant Directoire Tailor Gown.

No. 8031, Page 22. Five-gore pleated Directoire skirt of fine cloth. The pleats (wheelmarked on the pattern) are arranged in groups, and are stitched down to the knees. It is secured with hooks at back to the high waist of the blouse. Hem invisibly from the back over a band of muslin. Wear over a separate clinging seven-gore foundation skirt. Elegant Directoire coat, with long fluted basques. Upright Bonaparte collar. Waistcoat of white cloth, closing with small metal buttons and buttonholes. The two-piece sleeve is mounted smoothly into coat. Large Directoire pocket, decorated with buttons and loops of silk braid. Collar and cuff are faced with velvet. Line coat with satin cut on coat pattern, but seamed apart, the edges slipstitched to cloth edges, which are turned over a band of muslin. 52-inch cloth, 8 yards.

Directoire Visiting Gown of Velvet or Velveteen.

No. 8032, Page 22. Very graceful model, unlined, worn over the Directoire underdress (No. 8050). Dress closes at back. Very pretty model. Five-gore Directoire skirt hemmed invisibly (felled from the back, the French hem) over a band of unstiffened black muslin. This is secured by hooks and eyes to a corselet lining veiled with folded material. Draperies of the velveteen are arranged over each shoulder. Wear over the charming blouse of tulle and lace, mounted on white silk. Yoke, collar, and long tight tucked sleeve of the tulle, tucked to flat pattern. A lace frill edges neck and sleeve. Tuck sleeve to flat pattern. The rest of fitted silk lining is veiled with a kimona of lace edged with embroidery passementerie. 24-inch velveteen, 12 yards.

Draped Princess Visiting Dress of Face Cloth.

No. 8033, Page 23. Cut a nine-piece high-waisted princess lining from neck to hip, in silk or mercerised lining, to close on left of centre front panel. Veil with back and front of rich lace mounted on white satin. To this lining is stitched the foundation skirt, the lower part covered with the cloth. On this foundation is draped the princess gown in seven gores, the fronts crossed and closing on left, where tunic is drawn up and laced with cords and tassels. Decorate neck with soutache embroidery. Fit, stitch and bone lining with care. Hem the skirt, the hem interlined with lino, to prevent any tendency to "roll up." Long, tight sleeve of the cloth, braided and tucked in groups to flat pattern. Buttons and loops tighten the wrist when sleeve is in place. Lovely and quite new model. 52-inch cloth, 8 yards.

A Charming Walking Gown.

No. 8034, Page 23. Seven-gore Directoire skirt, high waisted, especially at back. The tablier laps on the left fastened with braid loops and velvet buttons. Smart little Directoire coat, the short fronts added, and closing with a single button and buttonhole. Back forms two pleats at the side seams, beneath two of the large buttons. Face short fronts with the cloth, adding slipstitched revers of velvet. Face the collar with cloth. Two-piece sleeve with velvet-faced cuff. Line coat with satin, cut on coat pattern, but seamed apart. 52-in cloth, 7 yards. Small broché waistcoat.

Braided Directoire Coat-and-Skirt.

No. 8035, Page 23. In velvet, velveteen, or black face cloth. Six-gore skirt, with lapped seam in front. The silk braid forms very original design of loops down left side, the ends of the braid disappearing beneath the lap of front seam. Lovely

Why take Cold? Why not take COLEMAN'S WINCARNIS INSTEAD?

THE FAMOUS WINE TONIC MAKES YOU PROOF AGAINST CHILLS.

GOLD MEDAL AWARDED FRANCO-BRITISH EXHIBITION, 1908.

CONTRACTORS TO HIS MAJESTY'S FORCES AND THE ROYAL ARMY MEDICAL CORPS.

GOOD FOR DELICATE GIRLS.—Young girls are peculiarly sensitive to damp and chilly weather. They catch cold without knowing how. They get one cold on top of another until they are bewildered. It doesn't matter whether they are indoors or out of doors, it's all the same, sneezing and shivering and using all the pocket handkerchiefs they can lay their hands on. A Wimbledon doctor said the other day that directly a cold spell of damp weather commences, up goes the call list, and nearly all the extra patients are victims of bad colds, and the majority are girls and women. The cause he states is their blood and over-sensitive nervous systems. The remedy he states is to tone up the system, but it must be a tonic that will nourish as well as stimulate. A drug tonic is not nearly so good as "Wincarnis" for the purpose of permanent benefit.

THE MEDICAL MAGAZINE, London, Sept., 1908, contains the following paragraph:—"There can be no doubt that 'Wincarnis' is a tonic restorative of singular power, and, judiciously employed, is calculated to prove of immense value, both in certain acute and chronic conditions of debility or ill-health. Wine both nourishes and stimulates. Made up with extracts of meat and malt, under the name of 'Wincarnis,' invalids and sufferers possess a remedy whose value they will readily appreciate, as it will bring them both comfort and strength, and pave the way to recovery. Examination proves that the wine employed is good and sound in quality, the extract of meat is rich in proteids, and the extract of malt is of definite nutritive value."

NURSE HODGSON says:—"Having used Coleman's 'Wincarnis' for over 10 years I can highly recommend it as a reliable tonic restorative, especially after exhausting Influenza and other complaints. For the past five months I have given 'Wincarnis' freely to my patients, simply because I find it gives far more strength than any other wine or medicine. At the present time five people are taking it at the address below."

NEVER FAILS TO STRENGTHEN.—Mrs. A. Spence, 2, Reservoir Terrace, Salford, Manchester, writes, Sept. 11th, 1908:—Dear Sirs,—"'Wincarnis' is an excellent tonic and strength-giver, and never fails to do good. Wishing it continued success."

FREE TRIAL.

Send this coupon to Coleman and Co., Ltd., Wincarnis Works, Norwich, enclose three penny stamps to pay cost of carriage and packing, and they will forward you a sample bottle gratis.

SIGN NAME.....

THIS ADDRESS.....

FORM .....

MYRA'S JOURNAL, January, 1909.

AFTER FREE TRIAL, you can buy "Wincarnis" at any wine merchants', but not at chemists' or grocers', unless they are licensed to sell wines. "Wincarnis" is sold by the glass at all the refreshment rooms of the Great Eastern and Great Northern Railway stations. "Wincarnis" is also sold medicated with Iron, celery, pepsine, or quinine.

SEND COUPON FOR SAMPLE BOTTLE FREE TO COLEMAN & CO., LTD., WINCARNIS WORKS, NORWICH, AT ONCE.

coat. Back and fronts are cut with the original kimona sleevelet, into which the beautiful sleeve is smoothly arranged with a lapped seam. There are two side pieces on each side, the basques falling in rich flutes. The sleeve is in three pieces, top seam lapped. Braid "frogs" disappear in the lap of the kimona sleevelet in the same style as the skirt. Sleeve is a new and very beautiful one. The lapped cuff has braid "frogs", like sleeve and skirt. Large metal buttons. The large collar has a double facing, the under one braided like skirt, the upper being of white moire. Face fronts with white moire. Line coat with white satin, cut on coat pattern but seamed apart, the edges slipstitched over front facings and over stitched coat edges which have been turned over a band of lino. 52-inch cloth, 8 yards.

Elegant Gown with the Latest Directoire Coat.

No. 8038, Page 23. Long six-gore skirt, fitted at top, breadths cut very circular to flute well below knees. Hem invisibly from the back (the French hem), and wear over a separate Directoire seven-gore foundation skirt of very soft silk. Very smart coat, a back (seams developing into pleats beneath buttons), four sides, two fronts, two waistcoat fronts (from side seams). Coat closes with buttons and buttonholes across the brocade waistcoat, which closes on the left with a few hooks and worked loops. Face fronts with the material richly braided on the large Bonaparte revers. Two-piece sleeve can be braided at wrist up seam almost to elbow. Line coat with silk, cut on coat pattern, but seamed apart, the edges slipstitched over turned coat edges. Original collar, of the "storm" type, which is cut in one with the coat pieces. Face collar with braided cloth. Very good model for handsome cloth. 52-inch material, 8 yards.

A White Satin Evening Gown.

No. 8037, Page 26. The severely simple but exquisitely cut skirt is in six gores, the one-piece back arranged into a graceful box-pleat, which affords a good opportunity for the band back trimming now coming in for skirts. Skirt closes beneath back pleat, where is the opening. Turn the lower edge over a band of muslin and fell invisibly from the back (French hem). Wear over a soft fitted foundation skirt. Beautiful bodice. Cut an ordinary silk fitted lining to close down front centre. Decorate with vest of lace and back of lace and silk gauze, the back pleated. The neck is very low, partly covered with the transparent lace flounce. Lace sleeve frill. Over this bodice is mounted the satin kimona, finished with pleated fichu draperies (passing over shoulder, the pleats wheelmarked on pattern). Belt of the satin, stiffened with silk-faced canvas and white-cased bone. Rich buttons. The kimona could be made as a separate overblouse, arranged into the smart belt and put on with it. Beautiful model. 42-inch Royal satin, 6 yards.

Dinner Gown of Velvet or Velveteen

No. 8038, Page 26. The new style corselet skirt, very full at the feet, slightly draped at the sides by lifting the back, arranged in close pleats, which are high, to meet the upward curve of the Directoire bodice. The skirt, in seven gores, is arranged on a fitted corselet lining (front centre, four sides, two backs). Skirt closes at back, and is hemmed invisibly over a band of muslin. The bodice is a smart, short-waisted kimona, very original. There are two crossed fronts and a back, which are cut in one with the kimona sleeve, and four sides. The edge of this novel little coat must be stiffened with canvas and faced with silk to match velveteen. Coat closes with only one handsome button. A kimona coatee of lace veils the velveteen coat. Cut the lace coat out of piece-lace, and either scallop it or edge with insertion. Sleeve frills of lace or pleated chiffon. Wear unlined skirt over a very fitted foundation skirt. 24-inch velveteen, 12 yards.

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IN CONTINENTAL SECURITIES.

SEND FOR PARTICULARS (1d. Postcard).

CUNLIFFE, RUSSELL & Co.,

10 and 12, Place de la Bourse, PARIS.

Suggestions for Layettes.

Nos. 8039 to 8049, Page 28. No. 8039 is the night "flannel" with double quilted bodice. No. 8040 shows the pleated back of the day flannel. A width and a half of flannel is generally used. No. 8045 is the nightgown or monthly robe, according to material. Use Indian longcloth for the gown, and batiste for the monthly robe. No. 8043 shows the first binder, a 5-inch band torn from the roll of flannel. Nos. 8042, 8044, and 8048 show a selection of dainty nainsook robes, decorated with tucks and lace or embroidery. No. 8047 is a handsome pelisse of white drap-souple and swansdown, lined with domet and white silk. It is tied with white satin ribbon bows and has little sleeves under the cape. The hood is of white satin (or cloth) and swansdown. No. 8046 is an embroidered bib edged with embroidery. A charming little tea coat for a year-old baby is shown at 8041, of white drap souple scalloped and bordered with white silk. The pilch or first drawers for a child of the same age is shown at No. 8049, made of batiste, the openings for legs being feather-stitched and trimmed with embroidery.

Directoire Under-Dress or Petticoat.

No. 8050, Page 29. These are princess cut, bodice and skirt in one, though often the high waist is slightly drawn in with a ribbon-threaded lace beading, as illustrated, to keep all taut and in place. Use the softest silk or French lawn or nainsook. Two fronts, two sides, two backs. Edge is finished with a soft cross-cut frill. Decorate with valenciennes insertion and edging. Close with buttons and buttonholes (made in underfold of right front). This under-dress is all that is worn over the combination and long corset, except fitted pants of black satin. 36-inch nainsook, 10 yards.

Directoire Under-Slip.

No. 8051, Page 29. Of silk, muslin, or nainsook. A back and two fronts, headed with ribbon-threaded bands. Yoke of tucked muslin and lace. Little sleeve of the same. Tucked to flat pattern. Draw up neck, sleeve, and lower edge with ribbon-threaded beading. Edge neck and sleeve with valenciennes. 36-42-inch material, 1¾ yards.

Directoire Cache-Corset or Under-Slip.

No. 8052, Page 29. Of silk, muslin, or nainsook. A back and two fronts, trimmed with valenciennes insertion back and front. Decorate with ribbon-threaded beading. Edge neck and armhole with valenciennes. 36-42-inch material, ¾ yard.

A Directoire Nightdress.

No. 8053, Page 29. Of silk or veiling. Bodice part is cut with skirt, drawn up with ribbon-threaded beading like No. 8050. Top is gathered into a yoke of lace insertion and ribbon-threaded beading, which is finished with shoulder-straps of lace and tucked silk (tucked to flat pattern). Fasten like No. 8050. One-piece sleeve gathered into ribbon-threaded beading, finished with a lace-trimmed frill. Double-width washing silk, 6 yards.

Directoire Divided Skirt.

No. 8054, Page 29. To be made of soft silk, satin, nainsook, &c., to wear over the hygienic combination. Bodice part is trimmed like No. 8052. Finish the divided edge with a soft lace-trimmed frill. 42-inch material, 5 yards.

The New Directoire Pants, with Back View.

No. 8055, Page 29. These are smoothly fitted with four darts as well as the four curved seams (back, front, sides). The back has a rounded flap which buttons on the left. Legs close with buttons and buttonholes (three) on knees. The waist is high, rising higher at back. Made of black satin. Can also be of cloth, serge, &c. Line top and knee fastenings. 22-inch satin, 4 yards.

Directoire Dance Frock for a Girl of Fifteen to Eighteen.

No. 8056, Page 30. Original and graceful model for white spotted gauze, or any transparent material. Princess cut in seven gores, pleated above, very flowing below the knees. The lower edge is trimmed with soft cross-cut frills. Wear over a very well-fitted Directoire foundation skirt, tight to the knees, very flowing below, made of satin, stitched to bodice lining in satin—three-piece front, four sides, two backs, to close at back. Tack, fit. White satin sash. Little satin sleeve and bodice top are decorated with frills and transparent lace. Double-width gauze, 7 yards.

Boy's American Blouse.

No. 8057, Page 31. Of blue and white striped Viyella. There is a box-pleat back and front. Central front pleat is cut with one front. Pocket is stitched on left breast. Hem the lower edge and gather with an elastic runner. Close with buttonholes and pearl buttons. One-piece turn-over collar which can tie with cord and tassels or with a hook and eye, finished with a silk tie. One-piece sleeve with doubled wristband, 31-inch Viyella, 2¼ yards. Two-piece knickers in serge (pattern in one piece: half the knickers). Little pocket in each side. Knickers close in front over a fly-lap.

A Striped Viyella Blouse.

No 8058, Page 40. Backs are cut on cross, separated by a panel with horizontal stripes. A similar panel is in front. There is one tuck on each side, back and front (wheelmarked on pattern). Collar faced with linen matching one of the stripes. Band collar—a straight band of the Viyella—stripe horizontal. Crossed bands of linen across front panel. Shirt sleeve, moderately full, tucked to flat pattern. Cuff of the Viyella strapped with linen. Excellent model. 31-inch Viyella, 3¾ yards.

Blouse of Spotted Mousseline de laine.

No. 8059, Page 40. Closes at back. Front and two backs are pleated on shoulder (pleats wheelmarked on pattern). Tucked plastron and collar of Jap silk (tucked to flat pattern). A strap of silk edges low neck. Moderately full sleeve, tucked to fit corner (tucks wheelmarked on pattern) edged with a silk strap. Silk-covered buttons. 36-inch mousseline, 3½ yards.

Pretty Details of Dress.

Nos. 8060 to 8067, Page 36. No. 8060 is a bridge coat of lace net to wear over any plain blouse, &c. It should be worn with a Directoire skirt. No. 8061 is a hair ornament of twisted velvet ribbon, wired, decorated with sequin aigrette. No. 8062 is a brace arrangement of fancy ribbon and lace. No. 8063 is a suggestion for a berthe, of metal galon (or embroidery) and lace. No. 8064 is a Directoire hair ornament of ribbon and tassels, to wear across the head, tassels falling behind the ears. No. 8065 shows a smart way of arranging a lace flounce on an evening bodice. No. 8066 is a theatre hood of sun-bonnet type, made of gathered silk and lace. No. 8067 shows "garters" of elastic and velvet ribbon.

Personal Appearance.

HOW TO MAKE IT MORE ATTRACTIVE.

By Mistress Anne Page.

THE CURE OF INDIGESTION.

(Continued from our last issue.)

Indigestion arises from varied causes, such as adverse climate, sedentary occupation, unsuitable food, tea and coffee drinking, insufficient mastication (either through carelessness on this point, or from some defect in the teeth), or the presence of decay in the teeth (leading to the harbouring in the mouth, and then to the swallowing, of poisonous germs or bacteria), irregular meals, over-study, intense anxiety; but if the cause can be really found, the remedy is clearly to remove that if it be possible.

Some people try to starve out indigestion, but this is the most unwise policy of all; three simple meals of wholesome food should be taken, and while new bread and white bread, whites of eggs, sweet things, pastry, cakes, hot soups, potatoes, stalks of vegetables, hot tea, and alcohol should be

"The dress you have suggested is just exactly what I wanted."—L. O'S.

strictly avoided, as well as everything that is fried, and all those things we call shellfish, though some of them are not fish at all, there are many nourishing things from which to choose. Plasmon porridge is good, but it should be cooked so as not to be sloppy; made "rocky," it is most easily digested. Milk that has been boiled, and to which a tablespoonful of limewater has been added, is found beneficial in many cases; wholemeal bread, shredded wheat biscuits, fresh lean meat minced, white fish, stewed and fresh fruits, the yolks of eggs, &c., &c., are nourishing, and, in the majority of cases, harmless. The solids must in every case be well masticated, and the liquids should never be taken with them, but from half an hour to an hour after the meal. And those who have been martyrs for a long time to this wretched ailment will get speedy help and relief if, immediately after each meal has been taken, they will place on their tongue as much as will lie on a sixpence of a powder called Carbonucine (to be obtained for 2s. 9d. a bottle from Mr. Thompson, Homœopathic Chemist, 17, Gordon Street, Glasgow), and swallow it by the aid of a tablespoonful or less of water, or diluted milk.

MYRA'S PAPER PATTERNS.

MADAME MYRA, 10 and 11, Fetter Lane, E.C., will cut to measure the pattern of any dress or mantle illustration sent to her for 1s. 6½d. (plain skirt or bodice, or SHORT coat). Pleated or tucked styles cost according to complication; of a princess or Empire gown the pattern would cost from 2s. 6½d., post free.

Dean's Novelties for Children.

Messrs. Dean have just published a capital book for children, which can be obtained at any bookseller's or stores. It is a picture-book illustrating children—without faces! The absence of the face is due to the attitude of the little ones, who all are in sun-bonnets. Hence the title, "Sun-bonnet Babies." This is a rag book—one of Messrs. Dean's famous series of rag books for the tiny tots. The artist is Miss Gladys Hall whose dainty coloured pictures of little ones in sun-bonnets are at once pleasing and amusing. The pictures illustrate a continuous tale from the pen of Mr. Peter Bruff. It is really a very clever production from the adult's point of view, and children will be delighted with it.

There is another of Messrs. Dean's series which can be thoroughly commended to all who own or have the care of children. These are the "Knockabout Toys." Each toy is made up from coloured sheets, printed in the same style as the rag books. The different parts all fit beautifully. They have to be seamed up and stuffed to produce excellent "soft" toys. The whole scheme is so simple, and the directions (in French, English, and German) are so clear and easy that most children are capable of making them up. Dolls, animals, and other toys are to be obtained in this way. There is no danger in entrusting the made-up Knockabout Toys to the smallest child, as the printed colours are *fast* and permanent.

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TOO FAT
The Zobelde Tissue Absorbers will thin you. Price 2/6. The Zobelde Beauty Belt for the speedy reduction of Hips and Abdomen. No Pressure. No Dieting. Price 25/6 and 31/6. —Mrs. MAINE, 10, St. Mildred's Road, Lee, London (late 41, Conduit Street, W.).

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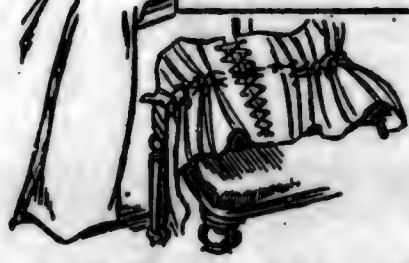
The "Oktis" Shield is the only corset shield which contains Rustless Zairoid stiffeners.



YOU WILL BE SURE OF GETTING THE GENUINE "OKTIS"

SOLD BY ALL DRAPERS.

SHIELDS

Employment Bureau.

FREE REGISTER.

SPECIAL NOTICE.—Will correspondents please read the rules carefully regarding notices for re-insertion in the Register, and letters to be forwarded? Inattention causes delay and trouble.

NOTICE.—The printed notice *must be cut* out of the Register for re-insertion each month.

LETTERS TO BE FORWARDED.—These must be fully prepaid, and must bear the Register number at the top left-hand corner. No letter will be forwarded unless it is accompanied by the writer's name and address—not for publication, but as a guarantee of good faith.

ALL LETTERS must be sent to Miss Winifred Jones, Employment Bureau, 10 and 11, Fetter Lane, E.C. If to be answered by post, six penny stamps must be enclosed, and a stamped, addressed envelope.

TO BE ANSWERED in these columns in the next number, letters must reach the office on or before the 25th of the month.

NOTICE.—May I once again point out to my correspondents that letters intended for this Bureau should be addressed to me personally, and that unless this is done some delay must inevitably occur.

No. 670.—Skilled worker. Filet lace, broderie anglaise, finest embroidery. Swiss style for layettes, trousseaux, &c. Appliqué work. Orders desired. Blouses embroidered.

No. 673.—Viyella nightdresses, blouses, and children's frocks embroidered to order.

No. 680.—Dressmaker. Coats and skirts. Ladies' and children's underwear. Children's dresses speciality. (Brighton.)

No. 616.—Coats and skirts. Day and evening gowns. Blouses, underskirts. Renovations, &c. Costumes from 10s. 6d. (St. John's Wood.)

No. 659.—Knitting socks, stockings, golf stockings, motor scarves, ties, ties in club colours, fancy waistcoats, worked or crochet, children's vests, petticoats, baby's boots and jackets.

No. 577.—Dressmaking at home or ladies' houses. Remodelling. Moderate charges. (W.)

No. 674.—Dressmaker, experienced. Ladies' houses or at home. References. Renovations. (Tunbridge Wells.)

No. 528.—Fancy embroidery. Bazaars and brides' parcels. Ladies' materials worked up cheaply. Lovely opera bags, 4s. 6d.

No. 676.—Blouses embroidered, smocking. Plain dressmaking. Renovations. Millinery. Ladies' houses or at home. (N.)

No. 682.—Day dresses from 10s. 6d. Coats and skirts from 10s. 6d. Blouses from 2s. 6d. Renovations at ladies' houses if desired. (Wandsworth Common.)

No. 381.—Costumes complete or ladies materials. Blouses. Highly recommended. Moderate charges. (Tonbridge.)

No. 686.—Partnership wanted by dressmaker. High-class work. Camden Town or Highgate preferred. Good testimonials.

No. 687.—Dressmaker (seven years' experience in Regent Street). Dresses, costumes, ladies' materials.—(S.W.)

No. 688.—Pure home-made marmalade. Carriage free on 3lb jars to any part of London. 4½lb at store prices. Orders solicited. Samples. (W.)

No. 689.—Dressmaking business for sale. Established three years. Ill-health the cause of disposal. Very suitable for anyone wishing to start or who has a small connection. Very reasonable terms. (W.)

No. 690.—Wanted, experienced first hand, with view to partnership if preferred. First-class education. Someone used to good work essential.

ANSWERS TO CORRESPONDENTS.

All letters must be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

NOTICE FOR RE-INSERTION (E.S.). — I gave your name to an enquirer recently, but, as you say nothing, I fear she did not write to you.

MIDWIFERY SCHOLARSHIPS (Enquirer).—I hope this will catch your eye, though, I fear, this year it is too late to be of much use as the last day for sending in application forms was Saturday, October 17, for the scholarships given in January, 1909. Still, the information may be of use to you. Candidates had to be not less than 24 and not 40 years of age on July 31, 1909; must be resident at the time of application and award in the administrative County of London; must satisfy the Council as to their need for pecuniary assistance for the purpose of training as midwives, and enter into a bond with sureties that they intend to practice as midwives for two years among the poor within the area of the Administrative County of London; must pass a qualifying examination in writing from dictation and elementary arithmetic. Preference may be given to candidates who produce evidence of satisfactory training in general nursing or of practical experience of sick nursing among the poor. The value of the scholarship is £25, this being payable to the institution selected by the applicant in part discharge of the fee for board, lodging, and tuition. The course of training, including practical work at the institution, will extend over a period of six months. Scholarships must be held at institutions recognised by the Central Midwives' Board, and approved by the Council. Those at present approved are Queen Charlotte's Lying-in Hospital, Marylebone Road, N.W. (this I mentioned to you in my letter); the East End Mothers' Lying-in Home, Commercial Road, E.; the Clapham Maternity Hospital, Jeffreys Road, S.W.; the General Lying-in Hospital, York Road, Lambeth, and the City of London Lying-in Hospital, City Road, E.C.

NOTICES FOR INSERTION (M. H. V., Hove: Fellicitee).

STARTING BUSINESS (M. D., Clapham Common).—Certainly I will give your name when occasion offers, and your West-End experience should be of use to you. I wish you all success. Remember that a good connection is almost invariably built up on good work, reasonable charges, and punctuality in the execution of orders.

NOTICE WANTED (S. U.)—You must cut out the printed notice for re-insertion.

KNITTING (M. M.).—I am so glad to hear that your work gave satisfaction and that you got the orders. Ask the ladies to recommend you to their friends, it is by far the best way of establishing a connection, and many ladies I know do very well by this means.

PARTNERSHIPS (A. B.)—I have a good many on my Register, and one in particular, that I think may suit you. If you will send the stamps for a private reply I will give you full particulars.

DRESSMAKER WANTED (Mrs. C.).—I gave you several addresses of workers, and I should be glad to know whom you employed and your opinion of her work. It is a great assistance to me when I am asked to recommend a worker by someone else.

EMBROIDERY, &c. (B. G.).—I am, indeed, sorry to hear of your hard times, as I hoped at this season of the year that you would be quite busy. However, I am glad to hear of your success with the bags, though if it is a clever idea I hope you did not dispose of the design without advice. I do not quite understand about the references; but surely you have a couple of friends in your town who would do this for you? I have not heard from the lady you mention for some time. I wonder if she is still there? You must cheer up, for Christmas is sure to bring you some orders.

PARTNERSHIP WANTED (J. A.).—Kindly let me know if you come to any arrangement with the various people whose addresses I gave you.

FIRST-HAND WANTED (Miss L.).—I gave you the address you asked for, but as I have not heard whether you are suited or not, I am putting a notice in for you.

DRESSMAKING BUSINESS FOR DISPOSAL (K. K.).—I sent you addresses of various correspondents who have approached me on the subject of partnerships, though I have had no actual queries about purchasing a business; and possibly you may be able to come an arrangement with someone. In any case, please let me know. Meanwhile, I am putting a notice in for you.

EMBROIDERY (D. M. P.).—The Working Gentlewomen's Guild—whose exhibition I report in this issue—might be able to be of use to you, especially as they are holding an exhibition next year in Birmingham. I advise you to communicate with them. I will alter the notices for you as you seem to desire it, though I do not think it will make much difference in the way of influencing orders. You say in your letter the society you mention cannot be of use to you because your husband's income is over £40 a year. Is that the sum you really mean?

ADDRESS WANTED (Mrs. B.).—If you will send a blank stamped envelope, with the register number at the left top corner, I will forward it.

HOME-MADE MARMALADE (J. U.).—It seems to me that your best course is to try and establish a connection for the sale of your home-made cakes and jams. I am certain there is a market for such things. Are there any grocers in your neighbourhood who would sell your marmalade on commission. Your best plan would be to write and find out, or to call. There is a shop in London, not far from you, where everything is home-made, and they do splendidly. Why not call on the housekeepers in your vicinity with sample cakes or pots of jam? Everyone likes home-made things, but it is never easy to get them. Of course, all this takes time and trouble, but anything does by which money is made. You might in time be able to open a little shop. Indeed, if you have a window where you could show and sell your goods and jams it might answer. Follow my advice and let me know how you get on.

LETTER FORWARDED (P. M. R., Haverstock Hill).

Nos. 8060 & 8061 Nos. 8062 & 8063

Nos. 8064 & 8065 Nos. 8066 & 8067

PRETTY DETAILS OF DRESS.

For Descriptions see pages 31 to 34.

Price of Paper Patterns, Bodice and Hood, each 6½d.: the other models, each 3½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

(*Continued on page 42.*)

"Your patterns are so excellent I do not care to use any other."—A.

GRAPHOLOGY DELINEATIONS.

By Edith OShea.

All letters must be sent to "Graphologist," MYRA'S JOURNAL OFFICE, 10 & 11, Fetter Lane, E.C.

(1) To be delineated in these columns, *specimens of handwriting* must be received on or before the 25th of the month.

(2) Delineations will be given free if inserted in these columns. Readers desiring detailed postal replies must forward six penny stamps and a stamped addressed envelope, but in either case the coupon cut from the current number must accompany *every* letter.

(3) Letters must consist of not less than 100 words, copied matter and lined paper being inadmissible. The usual signature must always be given, but a nom de-plume is also required for printed replies.

H. C. (Wolverhampton).—I hope you will recognise initials, as no nom-de-plume was sent. You have imagination and personal pride. Usually self-reliant, there are times when you are apt to be swayed by the opinions of others. You are outspoken, and the temperament is warm, but you are very conscientious about all your work, not being satisfied till you have done your best. Do not allow yourself to get depressed. Kindness and generosity are also shown.

HAREBELL (Glasgow).—Your handwriting reveals you to be ardent and impulsive by nature, but very diffident and lacking in self-confidence. Try to look on the brighter side of life. You should certainly be successful in your work, for you have a very good sense of form, are very painstaking and precise, and you are particular about getting every little detail correct. You are very energetic and ambitious. You should be a good judge of character. The signature is good, giving simplicity of tastes and straightforwardness.

NOTREGE.—This specimen shows a kind and generous nature, one able to take a broad view of life. You are intuitive, and honourable in all your dealings. You are ardent and impulsive, having very high ideals. The will is firm, giving you tenacity of purpose, and sometimes the temper may be a little irritable. You are candid and outspoken, and personal dignity is also shown. The pure form of the capitals gives you much artistic perception, and you would also be fond of music.

CANDLES (S. Africa).—You are self-reliant and honourable, but you are inclined to repress all your emotions too strongly, and this would tend to make you self-centred. This writing also shows caution and prudence, and an unwillingness to "trust anything to chance." You are also very reserved. You have much patience, paying great attention to detail. The will is strong, and the temper, at times, hasty. Artistic perception is also shown, and beautiful colours would strongly appeal to you.

HOPE DEFERRED.—The peculiar form of some of the capitals gives you a certain amount of originality and a liking for the uncommon and sometimes bizarre style of things. You are very careful about all detail, and are also cautious in all your undertakings; you would never take up any new work or enterprize without the most careful consideration. You might succeed as an art critic, for you have highly artistic tendencies; the beautiful in Nature would appeal to you very strongly. You should also play the violin.

WINSTON D.—I must frankly confess that I do not admire your handwriting in any of its varied styles, and I do earnestly advise you to cultivate a clear and simple style, and adhere to that strictly. Your vagaries at present denote a highly-susceptible and imaginative temperament. You have nothing like sufficient strength of will, and would be swayed first to one side then another by any emotion that was dominant at the time. Try and focus your powers, and give all your attention to the thing you are doing at the time. At present you are entirely composed of diametric moods, so that your character is almost hopeless to diagnose; but I judge you to have a love of beautiful colouring, and could be very kind-hearted.

(Continued on Page 42.)

No. 8068.—A DIRECTOIRE COAT AND "SHEATH" SKIRT.
Beautiful model for face cloth. 52-inch material, 9 yards.
Price of Paper Patterns, Coat, or Skirt, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

Health and Beauty.

By MISTRESS ANNE PAGE.

All Letters to be addressed to Mistress Anne Page "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Bridge of Sighs.—The premature greyness that is showing in your hair is due to dry dandruff and malnutrition, and before resorting to a dye I advise you to cure the causes, and then the natural colour will return and your hair will grow nice, thick, dark, and glossy again. Take a Turkish bath once a fortnight to get the whole of your skin into good working order, bathe your feet in a bath of hot water with soda dissolved in it every night, carefully avoid constipation, and be sure you eat no salted foods. Shampoo your head at intervals of three weeks with the yolks of two eggs beaten up with a tablespoonful of water, rubbing this mixture well down into the skin, and then washing head and hair in a quart of hot water in which you have dissolved a heaped tablespoonful of Californian borax, and then added 1oz of tincture of quillaia saponaria. Beat this mixture well up, rub it all into your head and hair, so that it will make a copious lather with the egg-yolks, then rinse first in hot and again in cold water. Dry as rapidly and thoroughly as you can. On all the other days make partings in every direction on your head and rub into each as you make it some of the Petrolate of Sulphur which Mr. Mason, 25, Bank Plain, Norwich, sends post free for 2s. 6d. in a plain wrapper. This is in no sense a dye or a stain, but it promotes the growth and colour and lustre of the hair splendidly.

Sara.—To cure yourself of the tendency to constipation, take Eno's Fruit Salt (sold by all chemists) the first thing in the morning on rising, and a glass of plain water when you go to bed at night. Walk, up-hill if possible, every day, eat Plasmon Oats porridge, wholemeal, or Turog bread instead of white, plenty of fruit and vegetables and salads. Have a daily bath, and knead your abdominal muscles while you are in it.

Jeanne.—The newest hats require the hairdressing to be extra full from front to back, and the easiest way to get the right effect is to wear a group of curls, which you can buy, of hair exactly matched to your own, for 8s. 6d. complete, mounted on a comb by which to attach this excellent aid securely, from the Manageress, Universal Hair Company, 84, Foxberry Road, Brockley, S.E. This lady is most anxious to give entire satisfaction to readers of Myra's Journal, and you will get very good value for your money if you mention this paper.

Ellen.—Yes, I have the pleasure of knowing Mdlle. Rubinstein, and I promise you that if you will write to her for an appointment, to Dept. M.J., Maison de Beauté Valaze, 24, Grafton Street, W., and then go punctually at the time she names, you will be delighted with her and with the first-class treatment she will give you in order to get out those wrinkles that are making you look so much too old. The easiest way for you to find Grafton Street is to get out of your Piccadilly omnibus at Dover Street, and to walk nearly up to the top of this, on the right-hand side, as Dover Street merges into Grafton Street at that end. It is a charming old house, in which Lord Salisbury used to live, and you will be interested with all you see when you are there. Mademoiselle is a Viennese lady, but she speaks English, French, and several other languages perfectly. She holds hospital diplomas, and there is nothing of "quackery," nor of "humbug," nor of "make-up" in any of her work. The course of treatment she will give you will make you look several years younger than you do now, and after you have taken it you will surely be able to get and to keep an appointment of the kind you are seeking.

Ella.—(1) If, when you use soap with water for your ablutions, you find a grey and curdy scum settles at the top of it, you may be sure that that water is too hard for you to drink with safety to your health, and that if you use it regularly it will ruin your complexion and your hair, and subject your hands to roughness and chaps unless you properly soften it. For toilet purposes, if you have no means of storing rain-water, soften what you use by the addition of Zobeide Lavender or Violet Water Softener (1s. 6d. from Mrs. Maine, 10, St. Mildred's Road, Lee, London, S.E.), according to which perfume you prefer; but, as you have a tendency to gout and rheumatism, you should distil all that you use for drinking purposes. A really good still that will last for many years, and that is not the least trouble to manage, will cost you two guineas; but it will save you many doctor's bills. (2) As a medicine take a course of Zobeide Gout Salts (3s. per bottle, at the same address). Be careful not to eat much red meat, to avoid sugar, tea, and farinaceous foods, and walk for a few miles daily in the fresh air. Then there is no reason at all why you should not cure yourself of the tendency to those painful ailments.

Mary.—You will find a good cure for those nervous headaches in Thompson's Nervotonine (1s. 9d. and 2s. 9d. per bottle from Mr. M. F. Thompson, Homœopathic Chemist, 17, Gordon Street, Glasgow), and of this you should take from ten to twenty drops three times a day in half a wineglassful of water.

M. O. R.—The large patch of greyness in your dark hair is decidedly premature, but as it is probably due to poverty in your blood from a tendency to anæmia, you should first of all take a course of the Hæmoglobin Perles, which are sold at 2s. 9d. per bottle by Mr. Mason, 25, Bank Plain, Norwich, to counteract the tendency, and to enrich your blood, and so send more nutriment to your hair-roots. Avoid all salted food, and never touch anything in the nature of shell-fish; otherwise live well, and as your "night-cap" have a cup of Plasmon cocoa, which is easily digested, and more nourishing that the usual sorts. To the scalp itself you should apply regularly during the next three months Mason's Petrolate of Sulphur (2s. 6d.), and Mason's Jaborandi Hair Tonic (3s. 6d.), both of which you must obtain from Mr. Mason, 25, Bank Plain, Norwich. The right way to apply each is to first well comb and brush the hair, then to make clear partings in every direction, and into each of these, when you have made it, to rub the emollient, or the tonic, until the skin looks pink, and feels glowing. Then put the hair up into a loose plait for the night, but do not comb nor brush until next morning, so that the application may remain in contact with the hair-roots all night, and not be made simply into a dressing for the hair.

Gwladys.—I have been told by a lady of my acquaintance that she was staying, for the good of her health, in a very well-known place abroad, and that somebody advised her to take Capsuloids to make her hair grow thicker. She sent for some, to the Capsuloid Company, Limited, 47, Holborn Viaduct, London, E.C. Shortly after she commenced the course several of the other ladies who were staying in the hotel asked her what she had been doing to render her complexion so brilliant, and she replied, "Taking Capsuloids, I suppose." This led all those ladies to send for some of this specific, and before long the complexions in every case became most wonderfully beautiful. The blood was purified, the circulation improved, the skin nourished, and the general health benefited in every way. This is fact, not fiction, so I advise you to try what a course of Capsuloids will do for your complexion, which has become so muddy and dull.

Jennie.—The only permanent remedy for superfluous hair is to remove it, or have it removed, root and follicle, by means of antiseptic electrolysis. As you are out of reach of reliable specialists who perform this operation, write to Mme. Tensfeldt, Hair and Skin Specialist, 40, Shandwick Place, Edinburgh, for particulars of her apparatus, by which you can successfully operate on yourself.

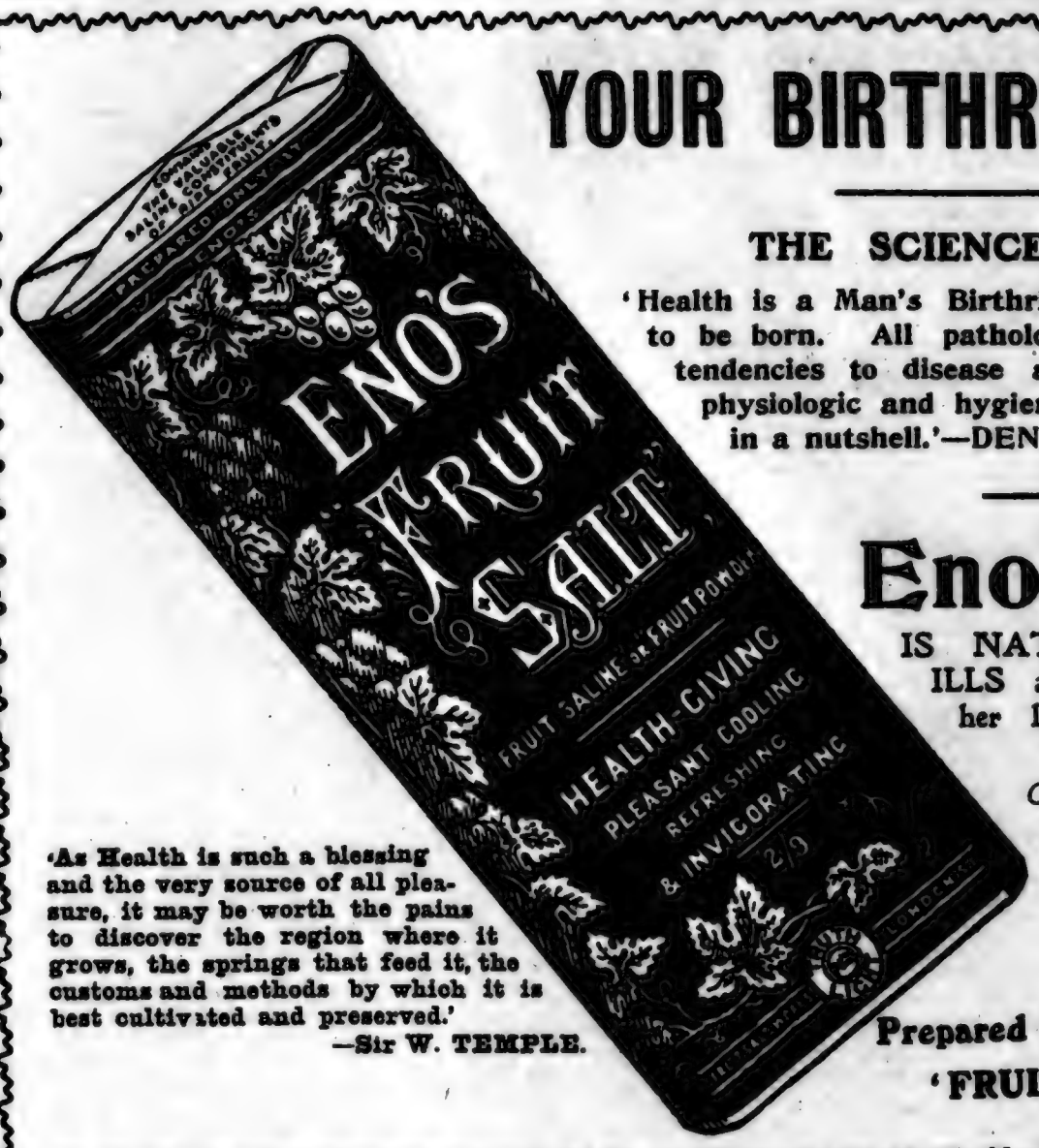
Ruth.—I quite understand why it is that you must dye your hair, and there is nothing really wrong about this; you have yourself and others to provide for, and you must keep young-looking by every possible means. Jappo is a good and harmless preparation in one liquid, easy to apply, and instantaneous in its beautifying effects; it is the one I advise you to use, and you can only obtain it from The Teinture Syndicate, 285, Regent Street, London. W., who will send you a bottle of it for 2s. 2d. As Jappo is made in twelve distinct shades, so that every natural colour of hair can be recovered, you should send a scrap of your hair, with your remittance, to the Lady Manager of the above Syndicate, and then you will get the right tint.

Only Child.—You seem to be a most fortunate girl, even though you have no sister with whom to share your confidences, and no brother to take you out and about. Doubtless you have many friends, and you can make as many more as you like if you make them of good books, and you will find these such helpful friends. Now, with regard to the freckles and tan that are troubling you, I advise you to massage your face and neck every night with Valaze, a skin-food and whitener that will soon restore the beauty of your complexion, and get out all these sun-spots that vex you so. This delightful preparation is dispensed from the prescription of Dr. Lykuski, a Continental Skin Specialist, and you can only obtain it from Mdlle. Rubinstein, Dept. M.J., Maison de Beauté Valaze, 24, Grafton Street, London, W., who supplies it in porcelain jars at 4s. 6d., 8s. 6d., and 21s. each.

Yvonne.—To remove the hair from your arms use Depillos, a preparation that will not harm the skin, nor cause a thicker growth eventually. Send two penny stamps for a sample of this (saying you are a reader of Myra's Journal) to Manageress, Taylor and Co. (Dept. 26), 149, Fleet Street, London, E.C. Follow the directions that are sent with it, and then you will see how effectual it is.

Inez.—I am so sorry to hear of your illness, but glad it is all over now, and that all you have to do is to pull up your strength. Add Plasmon Powder (9d. a packet, at any chemist's) to all soft food that you eat, to make it more nutritious; drink milk, that has been boiled, freely; eat wholemeal bread instead of white; drink good cocoa instead of tea; and take, three times a day, a tablespoonful of Coleman's Wincarnis, of which you can have a free sample by making use of the coupon on page 41 of Myra's Journal for December.

I have taken your journal for seven years, and find it very useful.—L. Bradbury, 38, Gladstone Avenue W. G., N.



YOUR BIRTHRIGHT IS HEALTH

THE SCIENCE IN A NUTSHELL.

'Health is a Man's Birthright. It is as natural to be well as to be born. All pathological conditions, all diseases, and all tendencies to disease are the result of the transgression of physiologic and hygienic law. This is the science of health in a nutshell.'—DENSMORE.

Eno's Fruit Salt

IS NATURE'S ANTIDOTE FOR HUMAN ILLS arising from the neglect or violation of her laws.

CAUTION.—Examine the capsule, and see that it is marked ENO'S 'FRUIT SALT.' Without it you have the sincerest form of flattery—IMITATION.

'As Health is such a blessing and the very source of all pleasure, it may be worth the pains to discover the region where it grows, the springs that feed it, the customs and methods by which it is best cultivated and preserved.'
—Sir W. TEMPLE.

Prepared only by J. C. ENO, Limited.
'FRUIT SALT' WORKS, LONDON, S.E

Quickly cures Corns, Bunions, and Swollen Joints.

No Pain. Sure Cure.

A LARGE SHEET, Post Free, 1/2

Health, Strength and Beauty

GAINED BY TAKING

NERVETONINE,

The Great Brain, Nerve, and Muscle Builder.

A sure cure for all Nerve Complaints, Neuralgia, Rheumatism, Sciatica, Debility, Weakness, etc.

Bottles, 1/9, 2/9 to 4/6 Post Free.

From M. F. THOMPSON,
Homœopathic Chemist,
17, GORDON ST., GLASGOW.

A Lovely Gift.
Thompson's Scotch Mountain Heather Perfume (In Tartan Cases),
POST FREE 2/3, 3/9, 5/9, and 10/9

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It contains over 200 carefully tested Recipes for—

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A Reliable Guide to Home Cooking. The Best, Cheapest, & Most Practical.

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NOSES & EARS.

Noses.—The only patent Nose machines in the world. Improve ugly noses of all kinds. Scientific yet simple. Can be worn during sleep. Send stamped envelope for full particulars.
Red Noses.—My long-established medically approved Treatment absolutely Cures Red Noses. 3/9 post free. Foreign, 1/6 extra.
Ugly Ears.—My patent Rubber Ear Cups remedy ugly outstanding ears. Hundreds of successful cases. 7/6 post free. Foreign 1/6 ex.
M. LEES RAY, 10E Central Chambers, Liverpool.

Superfluous Hair.

Everything that **grows** in Nature depends upon a **root for its growth**, and until that root is destroyed the growth will continue. When ladies realise this thoroughly they will know how **useless** all liquids, pastes, &c., are for removing hair **for ever.**
The "Tensfeldt Apparatus" is Electrolysis **simplified**, and with it you can, in the **privacy of your own home**, kill the roots, without leaving the slightest mark or disfigurement.
I will forward a copy of my book, No. 20, in plain wrapper, giving full particulars of this treatment, to all sufferers from this dread scourge of superfluous Hair. **It is free to you** for the mere trouble of asking for it.
Permanent Cure Guaranteed. All Letters Strictly Confidential.
Madame TENSFELDT, Hair and Skin Specialist,
40, Shandwick Place. Edinburgh.

OLD SOL
(Late of Pendle Forest),
ASTROLOGER.
Marriage, Business, Changes, Description of Friends, Lucky Days, &c.
AS A TEST, send a 1/- P.O. and birth-time, and, if you mention MYRA'S, two years' events will be added **FREE.** You will be delighted.—**OLD SOL,**
155, HIGH ST., KENSINGTON, LONDON, W.

PROCTORIA, Clairvoyante, Palmiste, consults daily at **same address.** Fee, 2/6.

When ordering Articles Advertised Please mention "Myra's Journal."

FOR MORE THAN TWENTY YEARS
DR. DAVIS'S FAMOUS PILLS
have been universally admitted to be a boon. They are the best-known remedy for Anæmia, Giddiness, Fulness and Swellings after meals, Loss of Appetite, Hysteria, Palpitation of the Heart, Debility, Depression, Weakness. Boxes, 9½d., 1/1½, 2/9, 4/6, and 11/-. To be obtained from Chemists and Patent Medicine Vendors everywhere, or direct from the Proprietor, 309, Portobello Road, Notting Hill, W.

No. 8058.—Striped Vivella Blouse.
For Descriptions see Pages 31 *to* 34.
Price of Paper Pattern, 6½*d.*, *post free*, *of* Madame Myra, 10 *and* 11, *Fetter Lane*, *E.C.*

EXHIBITION OF GENTLEWOMEN'S ARTS, CRAFTS, AND INDUSTRIES.

AN exhibition with the above title was held at the Portman Rooms, from November 26 to 28, inclusive, organised by the Working Gentlewomen's Employment Guild. These shows serve an excellent purpose in that they prove the use of combination to women, a power in which most of the sex are lamentably deficient, and that they effectively demonstrate to the general public the really high standard that women's work, in almost every department, has now achieved, Very far, indeed, removed from the slur of "amateur" were the exhibits, and the impress of taste and distinction that stamps the work of the refined craftswoman was much in evidence. In jewellery, particularly, this was noticeable. There were some exquisite enamelled and pearl tiaras, in particularly graceful designs, and some of the enamelled clasps rivalled the shifting, glowing tones of the opal; while pins and combs in a warm green shade of horn—a clever invention—were both cheap and effective. Another ingenuous invention was the uncrushable flower. These were really natural looking—the roses especially—and were made of silk. For evening wear they are an undoubted boon, and should command a ready sale. Both useful and ornamental were embossed copper trays mounted in wood, with handles, and as copper has wonderful qualities for retaining its lustre—not shared by either silver or brass—these should prove very saleable articles. The bookbinding was really superb, displaying fine taste with high technical skill, and the belts, book-cases, bags, &c., in dull leather. at present so popular, were admirable. The ingenuity shown in design was particularly noticeable. Washable hand-painted net blouses, dresses, &c., is another ingenuous and useful invention; and the painted lamp-shades, some in delightful Empire designs—and the lace, needlework, and embroidery all called for high praise.

A Christmas Display of Original Work by Women Craft Workers was held for one month — from November 23 — at "The Twelve Crafts Women," 177, Sloane Street, S.W. A Special Exhibition of Women's Work is to be held at Birmingham from March 1 to 12.

REVIEWS.

"Vital Economy; How to Conserve Your Strength," is a book which should be in every worker's hands. It is by Dr. John H. Clarke, M.D., the author of the universally accepted Homœopath's Materia Medica. "Vital Economy" is simply expressed, to be within the comprehension of all. Its great value, in these days of race degeneration, is that it is written less for the sound and healthy—they have plenty of vitality—than for the more abundant ailing and weakly. Dr. Clarke has some original suggestions to make re daily bathing and its tax on strength. One of the best chapters is on the effect worry has in wasting vitality, be the worry self-sought or thrust upon one. The book costs only 1s., and is published by T. Fisher Unwin.

The Christmas number of "Hearth and Home" is a very fine one, replete with seasonable articles and excellent illustrations. Two beautiful photogravures are presented with the number, both reproduced from paintings by Millais: "The Boyhood of Raleigh," now so much admired that the the painting was aquired by the nation and now hangs in the Tate Picture Gallery, and secondly, "The Martyr of Solway," commemorating the martyrdom of a young girl, Mary MacLachlan, who, in the time of the Covenanters, was killed for her opinions by being tied to a stake on a spot where the Solway overflows twice a day. The original of the second picture is in the National Art Gallery, Liverpool. Another attractive feature is the £200 in prizes offered to the winners of a very simple competition. Mrs. Talbot Coke, Mrs. C. S. Peel, and others contribute special articles. The attractive stories are contributed by Katharine Tynan, Tom Gallon, &c. This splendid number is on sale (1s.) at all newsagents and bookstalls.

No. 8059.—Blouse of Spotted Mousseline de Laine.
For Description see pages 31 *to* 34.
Price of Paper Pattern, 6½*d.*, *post free*, *of* Madame Myra, *10 and 11*, *Fetter Lane*, *E.C.*

A SPLENDID DOLL SHOW.

"Woman's Life" has been having a Doll Dressing Prize Competition. The dolls, not to cost in all (apart from the work expended) more than 1s. 6d. each, were eventually sent to make Christmas brighter for the poor little ones of our hospitals and slums. An exhibition of the dolls was held at the Waldorf Hotel on December 12th, when visitors were also regaled with a really excellent concert. The dolls were a wonderful array, both in numbers and in quality. There were fancy-dress dolls, woolly-clad dolls, baby dolls, little girl dolls, etc., etc., and a special array (also with handsome prizes) of dolls dressed by children. In a large number of cases the workmanship was of a high quality, and a great deal of taste and ingenuity was displayed.

Have you tried "Pop-in-Taw"? It can be played by two, three, or four people, and is a table game, played with a combination of shovels, cones, and steel balls. The object of the game is to pick up a ball from the table and deftly to deposit it in a cone. It sounds easy to do this, but it is nothing of the sort. The cones are of divers colours, and each player chooses his own before he starts. If he deposits a ball by mistake in another player's cone, well, he has assisted his opponent, and the feat counts against him. It is not only children who delight in "Pop-in-Taw," which is on sale at all stationers and stores.

Shopping by Post.

At the very successful recent "Ideal Home" Exhibition was seen by the many visitors who had not tried it the excellent "Astral" Furniture Polish, which brings up such a beautiful surface on polished woods. The top of dining tables, the curved shutter of a roll-top bureau, gleam with soft brightness when "Astral" is used to polish them. The ingredients used in the manufacture of this polish are quite pure and innocuous, so that it can be used on really valuable old furniture. It helps also to preserve the natural hardness of all good-class woods. The "Astral" Furniture Polish is of two kinds — the pink label is for mahogany, fumed oak, and all dark woods; the white label is intended for satin wood, light oak, and all pale woods. It is sold in tubes at 6d. and 1s. each. All stores and oilmen keep this splendid polish, and it can be had direct from the proprietors, Messrs. Thibaut et Cie, Sutton Courtenay, Berks.

Directoire dresses have brought in Directoire corsets, and these are very deep indeed in the hip. It is needless to say, perhaps, this great depth inflicts an added

"I am delighted with your journal and shall take it regularly. —H. P.

strain on the steels and whalebones, so that the support required by most women of developed figure, to protect the bones of their corsets at the waist, is now indispensable to all. I always recommend the "Oktis" Corset Shield, because it is the most comfortable and the most supporting, while taking the minimum space in the corset. Besides, it is "rustless," and, therefore, neither stains the underlinen nor the corset. The "Oktis" Dress Shield is to be had at all drapers.

It is not every woman of modest pin money who can afford the time to make her own dresses and coats, nor has she always the skill. Tailor coats and skirts need not only skilled cutting, but skilled making up. Now, there are firms which employ the best tailor cutters of the day, which turns out such thousands of models that they can dispose of them cheaply, in spite of the high salaries good tailor cutters always command. Such a firm is John Cordeux and Sons, Ltd., the famous "West of England" Warehouse (52, Clifton, Bristol). A complete tailor costume—smart skirt, up-to-date well-cut threequarter coat—can be had from this firm for 18s. 9d. in an effective Herringbone cloth—either grey, black, navy blue, brown or green. The coat is nicely strapped, Chesterfield front, and the well hung skirt is in seven gores. This is only one example of hundreds of models which any lady can select for herself from the illustrated catalogue; this, with patterns of the materials, will be sent post free. Young ladies, who have to come up to the City, &c., every day for their bread-winning occupations, highly value Messrs. Cordeux's wonderful value in skirts, coats, under-skirts, &c. A well-cut moriette petticoat can be had at this firm for 3s. 11d.—the usual price for the quality provided being 8s. 11d.

Result of Prize Competition.

PRIZE RECIPES.

A prize of 2s. 6d. has been awarded for each of the four following prize recipes:—

FRENCH SOUP.—Two quarts of water in which haricot beans, lentils, or kidney beans have been boiled, 1lb of onions, thick slices of breadcrumb, without crust, bunch of parsley and thyme, pepper, salt, and a spoonful of dripping or bacon fat. Peal the onions, slice and fry them in fat, put them, with pepper and salt, in the saucepan with the liquor for fifteen minutes. This soup will be found not only very nourishing, but also very cheap.—Mrs. LEE, Cosy Hall, Sutton, co. Dublin.

VEGETABLE MARROW PICKLE.—Take a large, old marrow and three onions, peel, remove all seeds, cut in pieces half-inch square, sprinkle with salt, and let it drain twelve hours. Then boil with ¼lb lump sugar, ½oz turmeric, two teaspoons of ginger, a little allspice, and sufficient vinegar to cover. Boil twenty minutes. Ready for immediate use. The above is a good, cheap pickle for cold meat.—Miss A. E. PINCHBACK, 53, Guildford Road, Greenwich.

BREAD AND MILK WITH ONIONS.—Cut some stale bread into small dice, or break it if preferred, put into a saucepan with sufficient cold milk to well cover it. Bring gently to the boil, and simmer for a minute or two, not longer. Have some hot boiled Spanish onions ready, cut them up small, and add to the bread and milk, using a little of the water in which the onions have been boiled, and which should be slightly salted. A sprinkle of pepper is a great improvement. This makes a light and tasty supper dish, and is splendid for a cold, for which purpose it may be preferred by many people to the old-time onion gruel.—Mrs. H. STORR, 5, Albury Ride, Waltham Cross.

TO PREVENT a goose being greasy pare a lemon very thin so that the white part is very thick, place this inside the goose just before cooking and remove it before dishing up. The lemon will not only absorb all the fat, but it will also impart a delicious flavour to the goose. — M. BOXALL, 20, Holland Road, Brixton.

HOUSEHOLD HINTS.

A prize of 2s. 6d. has been awarded for each of the four following hints:—

EMBROCATION.—Take ½ a pint of turpentine and one egg, put them into a large bottle, cork it, and shake it until it becomes a thick cream, then gradually add one pint of vinegar, bottle for use. This mixture will keep for years and is greatly improved by adding twopennyworth of camphor. The recipe was given to me by a nurse.—Miss D. SPIERS, Cromwell House, Noose Road, Maidstone.

BEFORE cooking cover your kitchen table with sheets of clean paper. This saves many a stain and much scrubbing. When finished with the paper may be used for rubbing down the top of the range or stove, thus saving the brushes. Another use for the paper is to rub out greasy pans with it. The greasy, dirty paper may finally be used for lighting the kitchen fire.—Miss A. M. GIBBS, Woburn Green, Bucks.

HOW TO WASH MADRAS MUSLIN CURTAINS.—First soak them in cold, soft water for a few hours, then wash in warm, soapy water (do not put any soda or powder in the water). When clean, rinse well, and instead of starch use bran water. When quite dry, iron. Curtains washed in this manner last much longer and look as good as new when clean. To make bran water put a 1d. of bran in a thin muslin bag and pour boiling water over it; when cool squeeze the bag well and take out, then the water is ready for use.—Miss C. A. GLOVER, 10, Hallewell Road, Edgbaston, Birmingham.

ALWAYS keep carbonate of soda in the house. For burns and scalds it is an excellent remedy. The surface of the burn should be covered with it either dry or just damped. It relieves the pain caused by the bites or stings of insects. A small saltspoonful in half a tumbler of of water will relieve heartburn and indigestion, and if taken with tepid water last thing at night will frequently induce sleep in restless persons.—M. BOXALL, 20, Holland Road, Brixton.

NOTE.—All prize-winners, when they see their names announced, must apply by letter for any prize they may be awarded. If such application is not made within a month of the date of the number containing list of prize-winners, the prize will be cancelled. Applications MUST NOT be made to Mrs. Hope, but to Messrs. BEETON & Co., 10 & 11, Fetter Lane, E.C.

THE FIGURE BEAUTIFUL

A HANDSOME BOOK FREE.

Under the above title we have just issued a handsome little booklet, daintily got up, well written by an eminent specialist, on beautifully illustrated lines. In order to bring home to you with full force the importance of being thoroughly healthy and the natural effect of health upon the figure, we will send you this charming little work FREE, also a trial treatment, on application.

The book will show you conclusively how easy it is to obtain perfect health, a lustrous complexion, and a queenly figure in a very short time, through the simple and harmless agency of **The Temple Nerve & Flesh Food** (a vitalising agent and flesh builder), and how, without otherwise prejudicing your health in any way, you may, by a natural hygienic method, **enlarge your Bust** from three to six inches **in a few weeks.** At the same time the shoulders are developed and made pretty and plump; and those "salt-cellars" which used to bar you from being beautiful are removed. **The Temple Nerve and Flesh Food,** as supplied for bust development, is a certain remover of wrinkles, crowsfeet, lines, chaps, pimples, blackheads, and all other blemishes upon the skin. It thoroughly clears the complexion, and gives it the full rich tone which can only be possessed by a woman who is in the pink of perfect health. If there be any special ailment the Flesh Food can be specially altered to remove it at the same time the bust is developed.

There is no time to lose. Every day you delay means the longer you will have to wait for beauty. Send at once, enclosing stamp to pay postage, and address your letter to **Madame F. D. Temple, The Temple Association (Dept. 94), 8, Blenheim Street, Bond Street, London, W.**

"ASTRAL"

FURNITURE POLISH.

Acknowledged at "The Ideal Home" Exhibition to be quite unique as a polish for Antique and all furniture — especially for polished dining-room tables. It is composed of pure ingredients which will be found to enhance and preserve the natural beauty of all woods on which it is used.

Note.—PINK LABEL for Mahogany, Dark Oak, &c.
WHITE LABEL for Satinwood and all light coloured woods.

Sold in Tubes, 6d. and 1/-, from all Stores, or direct from—

THIBAUT et CIE,
SUTTON COURTENAY, BERKS.

When ordering Articles Advertised,
Please mention "Myra's Journal."

A HEALTHY COMPLEXION

Can only be secured by a healthy state of body.

Indigestion, Anæmia, Liver Troubles cause ugly blotches and pimples.

WHELPTON'S VEGETABLE PURIFYING PILLS

Stimulate the digestive organs, rouse the liver, purify the blood, and give renewed vigour, bringing the colour of health and a clear complexion.

See that you get WHELPTON'S, and do not accept anything **"just as good."**

8256

SUPERFLUOUS HAIR.

"DEPILLOS" (Registered).
MARVELLOUS SUCCESS.

We have an absolute and permanent cure, entirely free from anything hurtful or injurious to the most delicate skin, never failing to entirely eradicate the strongest growth, destroying the roots so completely that the annoyance WILL NEVER RE-APPEAR; and to prove the correctness of the above statement, we will send, absolutely FREE, securely packed and free from observation, with MEDICAL CERTIFICATE and testimonials, a sample to all who enclose two penny stamps. Address—

Manageress, **TAYLOR & CO.**
(Dept. 26), **149, FLEET STREET, LONDON, E.C.**

Correspondence.

RULES.

1. To be answered on this page in the next number, letters must reach us not later than the 1st of the month.
2. Queries (except on "Dress" and "Health and Personal Attention") must be accompanied by sixpence and a stamped addressed envelope. No notice will be taken if sent without, if to be answered by post.
3. In urgent cases, or if crowded out, all "Dress" answers will be sent by post, for which no charge will be made. No postal reply can be ensured unless a stamped and addressed envelope be enclosed.
4. Queries to be answered by post must be limited to three.
5. It is absolutely necessary that every letter should contain real name and full address. The space for correspondence is so limited that a large number of answers have to be sent by post. This is especially the case with "Dress," which requires prompt and often private replies. Only questions of general interest are answered in this page. Whether letters are to be answered by post or in these columns, the Correspondence Coupon, cut from the current number, must be enclosed.

DRESS AND HAIR-DRESSING.

Letters to be addressed to Madame Myra, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

DOUGAL.—(1) I can give you the address of a lady who will make the crochet bolero for you. (2) For the knitted golf jacket, see our September Number. You will find there a very pretty one, with full instructions. (3) Can you wait for our February Number? It will deal with a beautiful Bridal Trousseau. (4) A very elegant three-quarter-length Directoire coat, also a Directoire skirt, were two of the free patterns in our December Number. (5) For the sequins send to Head and Son, The Golden Tassel, Sloane Street. I should say you could get Lindhorst's Odin Floss there; Head and Son keep everything requisite for embroidery, &c.; if not, write to the makers, P. Lindhorst, Department 8, 21, Newgate Street, E.C., and they will give you the name of their nearest retail agent.

AGATHA.—(1) I do not advise you to have one of the exaggerated Directoire gowns; they are only for rich women, who, if they find the exaggeration has its inconveniences, can toss aside an expensive purchase. The prettiest are those which, while moulding fairly closely the figure, have a certain amount of fullness at the lower edge. (2) Of course, a *transparent* gown *must* have a foundation. The best plan is a complete foundation: bodice, to which the fitted skirt is stitched, of satin. On this is hung the transparent skirt and the transparent bodice draperies. Full transparent skirts are by no means "out," especially for dance frocks; but they must *cling*, and this effect can only be got by using a very soft transparent fabric and mounting it on a fitted Directoire foundation as above described.

(Owing to pressure of space several Answers are crowded out, and have been answered by post.)

MISCELLANEOUS.

FOG BOUND.—The climate of Nice is delightful in winter, and should suit your case. I can recommend an excellent pension—the Villa Louise Pauline, Avenue des Fleurs. The villa is charming, and everything is very nicely done. It is frequented by people of very good tone, and the terms are quite moderate.

GRAPHOLOGY.

(Continued from page 37.)

WINKLE.—Your handwriting shows you to be kind-hearted and possessed of a sense of the beautiful—beautiful scenery in particular. You have good perception of character, and are very particular about your work; but the temper is inclined to be quick. A certain amount of originality is shown, and strength of character. The exaggerated style of nearly all the capitals show personal pride that is sometimes apt to become self-assertive. You are reserved, but once your friendship is given would be very loyal.

PADDY.—Much imagination is shown by your handwriting. You have a strong will, and would be tenacious upon points of interest. The nature is very ardent, and much energy is shown, and a certain movement in the writing gives love of travelling and change. You are intuitive, and are also a good judge of character, and have that rare gift of being able to see both sides of a question. Your signature shows you to be fond of poetry and music, particularly lyrics that could be set to music.

SNOWDROP.—This specimen shows energy and kind-heartedness; but the will power is not sufficiently strong. You are ardent and impulsive, and have high ideals and ambitions; but you are variable in your moods almost to instability; note that *frequently* dots are lacking to the "i's" and crossings to the "t's." You are sensitive and sympathetic, but you want much more "backbone" to succeed in life. Your signature shows acuteness of perception and loyalty in friendship.

A. G. S. M.—This writing shows great rapidity of mind. You are excitable and highly-imaginative; but you have a very strong sense of honour, and although you have plenty of what we call fighting power, you are inclined to depression at times. Your mind works with such swiftness that you are indolent physically in comparison. You are cultured and frank. Music should be your *forte*, and I judge that you are fond of society.

FEEDING.—Many thanks for your kind and appreciative letter. Your writing shows much refinement and mental culture; you would adhere very strictly to your principles at all times. I do not know what your profession may be, but you would have excelled in science, as particularly in analytical or pathological work, for you have that delicate and acute perception which is so essential. You are kind-hearted and candid. A strong sense of order and a sufficiency of caution. The liaison in your writing also denote good reasoning-power. The sequence of ideas is repeated in the signature as well as simplicity and refinement of tastes. Books would be your chosen friends.

EDITH.—This writing shows a strong sense of honour, much tact, and the happy gift of looking on the bright side of life. Much refinement and clearness of ideas are revealed. You are strong-willed; indeed, I may say tenacious of purpose. You are kind-hearted, but the temper is quick and at times irritable. You have strong perception of form and artistic tendencies. All refined and beautiful things and good colouring would have power to affect you strongly. Your ideals and ambitions are very high. Candour and great loyalty are also shown.

EMPLOYMENTS FOR LADIES.

Letters to be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Continued from Page 38.

DRESSMAKER AT TUNBRIDGE WELLS (A. L. T.).—Certainly, I will gladly keep you on my Register, and I advise you to have your name put on our list of dressmakers, which you will find on the last page of MYRA. I will gladly recommend you when opportunity occurs.

NOTICE RECEIVED (Miss T., Tunbridge Wells).

WORKER WANTED (J. J., Aberdeen).—I sent you some addresses and hope you were able to reply to one of those whom I recommended.

DRESSMAKER WANTED (Mrs. C.).—You will see the rules about private replies in this issue. I can give you plenty of names and addresses if you comply with our simple regulations.

WORKER WANTED (E. C. B.).—Many thanks for your letter telling me that you hope to employ one of workers whose names I gave you, and that you will give me your opinion of her work. I am glad to hear you find "Myra" so very useful.

DRESSMAKER AT TONBRIDGE (Mrs. H.).—I am glad to hear you are feeling stronger and better for your rest; I am sure you needed it; it is always wiser to take a holiday than to break down. Yes, indeed, I do feel as if my many correspondents for some years past—like yourself—were well known to me, and I take a real interest in their welfare. Perhaps if you make the change of abode you talk of doing you will feel distinct benefit. All human beings need change of environment most of all, and insensibly it improves their health, mental and physical.

ADDRESSES WANTED (K.P.).—I sent you the addresses you asked for by post, and I should be glad to know the result, and if any of them are of use to you.

DRESSES AND RENOVATIONS (L.U.).—I am so glad to hear that the society to which I recommended you has already given you work. I will certainly remember you if I get any inquiries in your neighbourhood.

LETTER FORWARDED (Madame M.).—I forwarded your letter to No. 679, but I was compelled to open it as we never forward communications not bearing the name and address of the sender. Kindly let me know if you came to any arrangement with my correspondent.

HOSPITAL ALMONERS (L. K.).—Yes, there are such posts, but you want special qualifications to fill them. You are not too old at twenty-nine, and if, as you say, you are strong and really fond of work, you have two very important qualifications to begin with. You have had experience of work amongst the poor, which is always of value. The almoner's duty it is to supervise the out-patients of a hospital, and to be the link between the Provident Dispensaries or Friendly Societies and the hospital, just as she is the link between the hospital and the local doctor! There is an Almoners Training Committee at Denison House, Vauxhall Bridge Road, which interviews would-be students and gives them advice. This Committee sends students to such hospital almoners as take pupils, according to arrangement. The actual training costs you nothing, but board and lodging has to be provided for a period of about eighteen months, as a rule. When qualified, the inital salary would be probably £100 per annum. I advise you to read a detailed and interesting article on the subject in the "Fingerpost," published at 1s. 6d. (post free, 1s. 9d.), by the Central Bureau for the Employment of Women, 9, Southampton Street, Holborn, W.C

COUPONS.

Correspondents seeking advice on "Dress," "Health and Beauty," "Employments," &c., must enclose in their letters one or more (according to queries) of the following coupons cut from the current number:—

EMPLOYMENTS.
JANUARY, 1909.

DRESS AND HAIRDRESSING.
JANUARY, 1909.

HEALTH AND BEAUTY.
JANUARY, 1909.

GRAPHOLOGY.
JANUARY, 1909.

ETIQUETTE.
JANUARY, 1909.

COOKERY & HOUSE MANAGEMENT.
JANUARY, 1909.

"I shall in future take 'Myra's Journal' in preference to any other."—Miss O. H.

OUR FREE BARGAIN COLUMNS.

Advertisements must reach the office of "Myra's Journal," 10, Fetter Lane, London, before the 1st of each month.

RULES.

1. *A PRIVATE ADVERTISEMENT OF TWELVE WORDS IS INSERTED FREE OF CHARGE. 3d. will be charged for every extra six words or portion of six words.*

2. *It is indispensable that the FREE BARGAIN COUPON should be cut from this paper and enclosed with each advertisement.*

3. *No responsibility is taken by us with regard to any sales or exchanges arranged, or to any remittances forwarded, nor can we interfere in any differences that may arise between parties to a bargain.*

4. *Payment of carriage for articles on sale or approval must be arranged between themselves by the parties.*

5. THE REPLY TO A NUMBERED ADVERTISEMENT MUST BE CONTAINED IN A BLANK STAMPED ENVELOPE, WHICH MUST BE FASTENED, AND HAVE THE DISTINGUISHING NUMBER OF THE ADVERTISEMENT CLEARLY WRITTEN UPON THE TOP RIGHT HAND.

This reply (or any number of them) must be enclosed in another stamped envelope, directed to the Editor, Free Bargain Columns, MYRA'S JOURNAL, *10 and 11, Fetter Lane, E.C., who will add the right name and address, and post it, and thus bring buyer and seller into communication.*

Advertisements must reach the office of this paper before the 1st of the month preceding date of issue.

Free Bargains Coupon.

Myra's Journal, January, 1909.

DRESS AND MILLINERY.

DRESSES FOR FANCY DRESS BALLS. Special designs at moderate charges.—Nora Davison, 182, Marylebone Road, N.W.

MILLINERY LESSONS; personal instruction; moderate terms; prospectus free.—W., 57, Upper Gloucester Place, Dorset Square, W.

COLONIAL READERS.—MILLINERY, BLOUSES, BOUGHT AND FORWARDED. References.—57, Sydenham Road, Sydenham.

MILLINERY, BLOUSES, SKIRTS, made or renovated; stylish; moderate.—57, Sydenham Road, Sydenham.

NAVY BLUE COSTUMES.—23-35, 38s., lined; nearly new, 12s. 6d. M3742

PARCEL UNDERCLOTHES; APRONS, 5s.; new cream BLOUSE, 4s.—Holly Cottage, Solway Hill, Woodford.

MILLINERY.—Fur hats made from old furs.—Miss A. Blanch, 299, King's Road, Chelsea.

ROYAL NAVY SERGE, direct from Portsmouth, as supplied to the Royal Navy; most satisfactory for ladies costumes and hard wear; navy, cream, and black only, 1s. 6½d., 1s. 11½d. yard; patterns free.—Smith, Warehouseman, 128A, Albert Road, Portsmouth.

SKIRTS, Navy or Black, to measure, 5s. 6d.—Pinchback, 53, Guildford Road, Greenwich.

LADIES SEVEN-GORE SKIRTS, navy or black, any size, 6s. 6d., postage 6d.—Gooch, 71, Hewitt Avenue, Wood Green.

OPERA CLOAKS, PARTY DRESSES, worn few times.—Violet, 71, Oakfield Road, Anerley.

NEEDLEWORK, DRESSMAKERS, &c.

DRESSMAKER, daily. Town, country, ladies' houses. Cut, fit, renovations.—Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

DRESSMAKER, daily, at ladies' residences. Renovations; evening dresses; alterations. Blouses specialty.—Miss Goddard, 35, May Street, West Kensington.

HOME DRESSCUTTING AND MAKING TAUGHT; experienced teacher; practical dressmaker. Tailors' or Guerre system.—D., 120, Seymour Road, Harringay.

ART NEEDLEWORK. Private lessons given (10s. 6d. a term, 1s. 6d. single lessons). Ladies' work commenced for example, or completed. Moderate charges.—Miss Shields, 11, St. Marks Crescent, Regent's Park, N.W.

DRESS CUTTING AND MAKING TUITION, Scientific and Tailors' System.—Madame Goodwin, 96, Oxford Road, Lowestoft.

DRESSMAKER.—Perfect fit from pattern bodice (late of Regent Street, Loudon).—Madame Johns, Downside, East Cliff, Herne Bay.

DRESSMAKER, terms 2s. daily.—Jessie Andrews, 42, Alma Square, St. John's Wood.

DRESSMAKER, daily: dresses, blouses, mantles, renovations.—Bates, 57, Ranelagh Road, South Belgravia, S.W.

DRESSMAKER. Daily or at home.—Miss Vinter, 13, Osborne Villas, Hove.

Millicent Wright, 45, Artesian Road, Westbourne Grove, W., LADIES' MATERIALS. Terms moderate.

SKIRTS AND BLOUSES for sale.—Fillicette, 18, Barrowhill Road, St. John's Wood.

EXPERIENCED DRESSMAKER, at home or at ladies' houses.—Mrs. England, 440, Edgware Road, W.

Joan Comerford, DRESSMAKER. Perfect fit; terms moderate.—220, Dalling Road, Shepherd's Bush.

DRESSMAKER AND COSTUMIER, daily or at home; moderate.—Miss Sherwood, 21, Tormount Road, Plumstead.

Madame Léonie, PARISIENNE DRESSMAKER, 120, Talbot Road, Bayswater. Ladies' materials. Charges moderate.

Madame White. ARTISTIC BLOUSES, DAY and EVENING GOWNS, renovations, good fit.—299, King's Road, Chelsea, S.W.

DRESSMAKER, daily, or home. Experienced. Renovations.—36, Ambler Road, Finsbury Park.

ART NEEDLEWORK TAUGHT, 10s. 6d. quarter, 1s. 6d. lesson.—25, Mysore Road, Lavender Hill, Clapham.

JEWELLERY.

Handsome gold-mounted AMETHYST NECKLACE, £6 10s., cost over double; other articles equally cheap.—Williams, 69 Ringmer Avenue Fulham.

ANTIQUES, BOOKS, MUSIC, FOREIGN STAMPS, PHOTOGRAPHY, &c.

COOKERY BOOKS.—Six Recipes, approved by Letitia Hope, in M.S. Book with detachable, washable, embroidered linen cover. Work recommended by Blanche Fitzmaurice. Price 5s. Linen Envelopes for stray recipes, 3s.; Special Recipes, 1s. extra. "Mrs. Glasse," c/o Miss Sterling, 14, Bartholomew Road, Kentish Town, London, N.W. Cash with order.

MUSIC neatly and strongly bound in limp covers, 9d. to 1s. M3731

EXCHANGE POSTCARDS. Exterior English churches only wanted.—Brooks, 6, Norwich Street, Cambridge.

MISCELLANEOUS.

LADIES' COMBINGS mounted into tails, 1s. per oz.; puffs, frames, fringes, &c.—Miss Rose, 2, Blackburn Road, Hampstead.

Cièste. — Experienced READER BY PHOTO; 6d. envelope.—2, Legg Street, Chelmsford, Essex.

"Alizon" gives DELINEATIONS daily by appointment. Astral colours, gems, &c. At Homes, &c. attended.—Care of Dily's, 8, Upper Baker Street, N.W.

TWO KNITTING MACHINES, perfect working order, nearly new; sell half cost price. M3741

Machine, Couch, Chairs, Bath, Crockery, Plate, Books, Music, Bedstead and Bedding. List.—L. Lawrence, 178, Putney Bridge Road, Putney.

COACHING (personal correspondence) given in fashion journalism, article writing, business correspondence, composition. M3737

HOME-MADE CAKES—iced or plain. Marzipan sweets; peppermint creams. Particulars sent. M3740

For Sale, suitable presents, lovely PARCELS FANCY WORK, 3s.; finished or unfinished.—A. Rees, Holly Cottage, Solway Hill, Woodford.

CORSETS (French or English) made to order; neatly repaired. Ladies supporting belts. Moderate charges.—Corsetiere, 155, Church Street, Kensington, W.

DRESSMAKERS.

The Name and Address of any Dressmaker will be inserted free in this column provided the advertiser furnishes us with a Coupon for each announcement *each month*, and she states under which column she wishes her name to appear. *Please write distinctly.*

DRESSMAKERS' COUPON. JANUARY, 1909.

LATEST TIME for ADVERTISEMENTS 1st of EACH MONTH.

DRESSMAKING AT LADIES' HOUSES—

L. C. Andrews, 28, Kelvin Road, Highbury, N
Miss J. Andrews, 42, Alma Square, St. John's Wood, N.W.
Miss E. Baker, 4, Chapel Street, Forest Gate, Essex.
Miss Bates, 57, Ranelagh Road, South Belgravia, S.W.
Miss Coward, 82, Camden Road, N.W.
Miss Ellison, 97, Cathles Road, Balham Hill, S.W.
Miss Gavey, 36, Ambler Road, Finsbury Park, N.
Miss Gregory, 52, Wiltshire Road, Brixton, S.W.
R. Harvey, Oxford House, 329, Goldhawk Road, W.
Mrs. F. Hevey, 13, Heatherly Street, Clapton, N.E.
Mrs. James, 106, Southlands Road, Bromley, Kent.
L. Lawrence, 178, Putney Bridge Road, Putney.
Miss Lenton, 1, Clarendon Place, Clarendon Road, W.
Miss Norman, 2, Pownall Road, Fulham, S.W.
A. and A. Pinchback, 53, Guildford Road, Greenwich, S.E.
Miss Smith, 3, Pakeman Street, Holloway, N.
Miss A. Welstead, 46, Charteris Road, Kilburn, N.
Miss E. Willson, 77, Cloncurry St., Fulham Palace Rd., Fulham, S.W.
Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

LADIES' OWN MATERIALS MADE UP—

Miss Ambler, 85, Westbourne Park Villas, Bayswater, W.
L. C. Andrews, 28, Kelvin Road, Highbury, N.
Miss Clinch, 18, Barrow Hill Road, St. John's Wood, N.W.
Miss Joan J. Comerford, 220, Dalling Road, Shepherd's Bush, W.
M. Davies, 19, Jedburgh Street, North Side, Clapham Common, S.W.
Miss Ellison, 97, Cathles Road, Balham Hill, S.W.
Madame Goodwin, 96, Oxford Road, Lowestoft.
Miss Hauxwell, 16, Portland Gardens, Harringay, N.
Miss Jarvis, 28, Brooksville Avenue, Brondesbury.
Miss Maud Lee, 89, Warwick Street, Belgravia, S.W.
Madame Léonie, 120, Talbot Road, Bayswater, W.
Madam Marion, 57, Sydenham Road, Sydenham, S.E.
Mrs. Murray, 99, Westcombe Hill, Blackheath.
Laura Norman, 2, Pownall Road, Fulham, S.W.
E. Rainger, 12, Honiton Road, Brondesbury Road, N.
A. Rees, Holly Cottage, Solway Hill, Woodford.
Nellie Siegfried, 90, Dawes Road, Fulham, S.W.
Miss E. Simeon, 37, Tavistock Road, Westbourne Park, W.
Misses A. and E. Smith, 52, Avenell Road, Highbury, N.
Nina Swancott, 15, Delamere Cres., Westbourne Sq., Paddington, W.
Miss Alice Tanner, 9, Exeter Street, Dyke Road, Brighton.
Miss Vinter, 13, Osborne Villas, Hove.
Mrs. Wheeler, 13, St. John's Road, Stamford Hill, N.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.

LADIES' AND CHILDREN'S MILLINERY—

Mrs. Bailey, 31, Riley Road, Brighton.
Emilie, 185, Westbourne Grove, W.
Watson Lewis, 17, Edgware Road, Marble Arch, W.
Madam Marion, 57, Sydenham Road, Sydenham, S.E.
Miss M. Owen, 2, Legg Street, Chelmsford, Essex.
Miss A. White, 299, King's Road, Chelsea, S.W.
Miss Whitehouse, 57, Upper Gloucester Place, Dorset Square, W.

LADIES' SHIRTS—

Madame Maree, Aldbourne, R.S.O., Swindon, Wilts.
Mrs. C. Petty, 29, Alberta Street, Kennington Park Road, S.E.
Miss Ramage, 25, Mysore Road, Lavender Hill, S.W.

PILLOW LACE MAKER—

Mr. Hy. Armstrong, Stoke Goldington, Newport Pagnell, Bucks.
Miss Kent-Johnson, Sharnbrook, Beds.
Mrs. A. Stewart, 29, Markham Street, Chelsea, S.W.

CORSETIERE—

Miss A. Caudell, 6, St. Julian's Road, Kilburn.
Mme. Gardiner, 28, Sussex Place, Onslow Gardens, South Kensington.
Hélène, 1, Harley Street, Bridge Road, Battersea, S.W.
Miss B. Sargent, 21, St. James's Road, Hastings.
Madame Marie Steer, 189, Prince of Wales Rd., Haverstock Hill, N.W.

FURS RENOVATED—

Miss Annie Blanch, 299, King's Road, Chelsea, S.W.
Mrs. Lindfield, 17, Powis Road, Brighton.
Mrs. L. Palmer, 155, Hartfield Road, Wimbledon, S.W.
Mrs. Annie Roadknight, 24, Powis Square, Brighton.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.

All Coupons must be received by the 1st of each month preceding date of issue.

Correspondence.

RULES.

1. To be answered on this page in the next number, letters must reach us not later than the 1st of the month.

2. Queries (except on "Dress" and "Health and Personal Attention") must be accompanied by sixpence and a stamped addressed envelope. No notice will be taken if sent without, if to be answered by post.

3. In urgent cases, or if crowded out, all "Dress" answers will be sent by post, for which no charge will be made. No postal reply can be ensured unless a stamped and addressed envelope be enclosed.

4. Queries to be answered by post must be limited to three.

5. It is absolutely necessary that every letter should contain real name and full address. The space for correspondence is so limited that a large number of answers have to be sent by post. This is especially the case with "Dress," which requires prompt and often private replies. Only questions of general interest are answered in this page. Whether letters are to be answered by post or in these columns, the Correspondence Coupon, cut from the current number, must be enclosed.

DRESS AND HAIR-DRESSING.

Letters to be addressed to Madame Myra, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

DOUGAL.—(1) I can give you the address of a lady who will make the crochet bolero for you. (2) For the knitted golf jacket, see our September Number. You will find there a very pretty one, with full instructions. (3) Can you wait for our February Number? It will deal with a beautiful Bridal Trousseau. (4) A very elegant three-quarter-length Directoire coat, also a Directoire skirt, were two of the free patterns in our December Number. (5) For the sequins send to Head and Son, The Golden Tassel, Sloane Street. I should say you could get Lindhorst's Odin Floss there; Head and Son keep everything requisite for embroidery, &c.; if not, write to the makers, P. Lindhorst, Department 8, 21, Newgate Street, E.C., and they will give you the name of their nearest retail agent.

AGATHA.—(1) I do not advise you to have one of the exaggerated Directoire gowns; they are only for rich women, who, if they find the exaggeration has its inconveniences, can toss aside an expensive purchase. The prettiest are those which, while moulding fairly closely the figure, have a certain amount of fullness at the lower edge. (2) Of course, a *transparent* gown *must* have a foundation. The best plan is a complete foundation: bodice, to which the fitted skirt is stitched, of satin. On this is hung the transparent skirt and the transparent bodice draperies. Full transparent skirts are by no means "out," especially for dance frocks; but they must *cling*, and this effect can only be got by using a very soft transparent fabric and mounting it on a fitted Directoire foundation as above described.

(Owing to pressure of space several Answers are crowded out, and have been answered by post.)

MISCELLANEOUS.

FOG BOUND.—The climate of Nice is delightful in winter, and should suit your case. I can recommend an excellent pension—the Villa Louise Pauline, Avenue des Fleurs. The villa is charming, and everything is very nicely done. It is frequented by people of very good tone, and the terms are quite moderate.

GRAPHOLOGY.

(Continued from page 37.)

WINKLE.—Your handwriting shows you to be kind-hearted and possessed of a sense of the beautiful—beautiful scenery in particular. You have good perception of character, and are very particular about your work; but the temper is inclined to be quick. A certain amount of originality is shown, and strength of character. The exaggerated style of nearly all the capitals show personal pride that is sometimes apt to become self-assertive. You are reserved, but once your friendship is given would be very loyal.

PADDY.—Much imagination is shown by your handwriting. You have a strong will, and would be tenacious upon points of interest. The nature is very ardent, and much energy is shown, and a certain movement in the writing gives love of travelling and change. You are intuitive, and are also a good judge of character, and have that rare gift of being able to see both sides of a question. Your signature shows you to be fond of poetry and music, particularly lyrics that could be set to music.

SNOWDROP.—This specimen shows energy and kind-heartedness; but the will power is not sufficiently strong. You are ardent and impulsive, and have high ideals and ambitions; but you are variable in your moods almost to instability; note that *frequently* dots are lacking to the "i's" and crossings to the "t's." You are sensitive and sympathetic, but you want much more "backbone" to succeed in life. Your signature shows acuteness of perception and loyalty in friendship.

A. G. S. M.—This writing shows great rapidity of mind. You are excitable and highly-imaginative; but you have a very strong sense of honour, and although you have plenty of what we call fighting power, you are inclined to depression at times. Your mind works with such swiftness that you are indolent physically in comparison. You are cultured and frank. Music should be your *forte*, and I judge that you are fond of society.

FEEDING.—Many thanks for your kind and appreciative letter. Your writing shows much refinement and mental culture; you would adhere very strictly to your principles at all times. I do not know what your profession may be, but you would have excelled in science, as particularly in analytical or pathological work, for you have that delicate and acute perception which is so essential. You are kind-hearted and candid. A strong sense of order and a sufficiency of caution. The liaison in your writing also denote good reasoning-power. The sequence of ideas is repeated in the signature as well as simplicity and refinement of tastes. Books would be your chosen friends.

EDITH.—This writing shows a strong sense of honour, much tact, and the happy gift of looking on the bright side of life. Much refinement and clearness of ideas are revealed. You are strong-willed; indeed, I may say tenacious of purpose. You are kind-hearted, but the temper is quick and at times irritable. You have strong perception of form and artistic tendencies. All refined and beautiful things and good colouring would have power to affect you strongly. Your ideals and ambitions are very high. Candour and great loyalty are also shown.

EMPLOYMENTS FOR LADIES.

Letters to be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Continued from Page 36.

DRESSMAKER AT TUNBRIDGE WELLS (A. L. T.).—Certainly, I will gladly keep you on my Register, and I advise you to have your name put on our list of dressmakers, which you will find on the last page of MYRA. I will gladly recommend you when opportunity occurs.

NOTICE RECEIVED (Miss T., Tunbridge Wells).

WORKER WANTED (J. J., Aberdeen).—I sent you some addresses and hope you were able to reply to one of those whom I recommended.

DRESSMAKER WANTED (Mrs. C.).—You will see the rules about private replies in this issue. I can give you plenty of names and addresses if you comply with our simple regulations.

WORKER WANTED (E. C. B.).—Many thanks for your letter telling me that you hope to employ one of workers whose names I gave you, and that you will give me your opinion of her work. I am glad to hear you find "Myra" so very useful.

DRESSMAKER AT TONBRIDGE (Mrs. H.).—I am glad to hear you are feeling stronger and better for your rest; I am sure you needed it; it is always wiser to take a holiday than to break down. Yes, indeed, I do feel as if my many correspondents for some years past—like yourself—were well known to me, and I take a real interest in their welfare. Perhaps if you make the change of abode you talk of doing you will feel distinct benefit. All human beings need change of environment most of all, and insensibly it improves their health, mental and physical.

ADDRESSES WANTED (K.P.).—I sent you the addresses you asked for by post, and I should be glad to know the result, and if any of them are of use to you.

DRESSES AND RENOVATIONS (L.U.).—I am so glad to hear that the society to which I recommended you has already given you work. I will certainly remember you if I get any inquiries in your neighbourhood.

LETTER FORWARDED (Madame M.).—I forwarded your letter to No. 679, but I was compelled to open it as we never forward communications not bearing the name and address of the sender. Kindly let me know if you came to any arrangement with my correspondent.

HOSPITAL ALMONERS (L. K.).—Yes, there are such posts, but you want special qualifications to fill them. You are not too old at twenty-nine, and if, as you say, you are strong and really fond of work, you have two very important qualifications to begin with. You have had experience of work amongst the poor, which is always of value. The almoner's duty it is to supervise the out-patients of a hospital, and to be the link between the Provident Dispensaries or Friendly Societies and the hospital, just as she is the link between the hospital and the local doctor! There is an Almoners Training Committee at Denison House, Vauxhall Bridge Road, which interviews would-be students and gives them advice. This Committee sends students to such hospital almoners as take pupils, according to arrangement. The actual training costs you nothing, but board and lodging has to be provided for a period of about eighteen months, as a rule. When qualified, the inital salary would be probably £100 per annum. I advise you to read a detailed and interesting article on the subject in the "Fingerpost," published at 1s. 6d. (post free, 1s. 9d.), by the Central Bureau for the Employment of Women, 9, Southampton Street, Holborn, W.C

COUPONS.

Correspondents seeking advice on "Dress," "Health and Beauty," "Employments," &c., must enclose in their letters one or more (according to queries) of the following coupons cut from the current number:—

EMPLOYMENTS.
JANUARY, 1909.

DRESS AND HAIRDRESSING.
JANUARY, 1909.

HEALTH AND BEAUTY.
JANUARY, 1909.

GRAPHOLOGY.
JANUARY, 1909.

ETIQUETTE.
JANUARY, 1909.

COOKERY & HOUSE MANAGEMENT.
JANUARY, 1909.

"I shall in future take 'Myra's Journal' in preference to any other."—Miss O. H.

OUR FREE BARGAIN COLUMNS.

Advertisements must reach the office of "Myra's Journal," 10, Fetter Lane, London, before the 1st of each month.

RULES.

1. *A PRIVATE ADVERTISEMENT OF TWELVE WORDS IS INSERTED FREE OF CHARGE. 3d. will be charged for every extra six words or portion of six words.*

2. *It is indispensable that the FREE BARGAIN COUPON should be cut from this paper and enclosed with each advertisement.*

3. *No responsibility is taken by us with regard to any sales or exchanges arranged, or to any remittances forwarded, nor can we interfere in any differences that may arise between parties to a bargain.*

4. *Payment of carriage for articles on sale or approval must be arranged between themselves by the parties.*

5. THE REPLY TO A NUMBERED ADVERTISEMENT MUST BE CONTAINED IN A BLANK STAMPED ENVELOPE, WHICH MUST BE FASTENED, AND HAVE THE DISTINGUISHING NUMBER OF THE ADVERTISEMENT CLEARLY WRITTEN UPON THE TOP RIGHT HAND.

This reply (or any number of them) must be enclosed in another stamped envelope, directed to the Editor, Free Bargain Columns, MYRA'S JOURNAL, *10 and 11, Fetter Lane, E.C., who will add the right name and address, and post it, and thus bring buyer and seller into communication.*

Advertisements must reach the office of this paper before the 1st of the month preceding date of issue.

Free Bargains Coupon.

Myra's Journal, January, 1909.

DRESS AND MILLINERY.

DRESSES FOR FANCY DRESS BALLS. Special designs at moderate charges.—Nora Davison, 182, Marylebone Road, N.W.

MILLINERY LESSONS; personal instruction; moderate terms; prospectus free.—W., 57, Upper Gloucester Place, Dorset Square, W.

COLONIAL READERS.—MILLINERY, BLOUSES, BOUGHT AND FORWARDED. References.—57, Sydenham Road, Sydenham.

MILLINERY, BLOUSES, SKIRTS, made or renovated; stylish; moderate.—57, Sydenham Road, Sydenham.

NAVY BLUE COSTUMES.—23-35, 38s., lined; nearly new, 12s. 6d. M3742

PARCEL UNDERCLOTHES; APRONS, 5s.; new cream BLOUSE, 4s.—Holly Cottage, Solway Hill, Woodford.

MILLINERY.—Fur hats made from old furs.—Miss A. Blanch, 299, King's Road, Chelsea.

ROYAL NAVY SERGE, direct from Portsmouth, as supplied to the Royal Navy; most satisfactory for ladies costumes and hard wear; navy, cream, and black only, 1s. 6½d., 1s. 11½d. yard; patterns free.—Smith, Warehouseman, 128A, Albert Road, Portsmouth.

SKIRTS, Navy or Black, to measure, 5s. 6d.—Pinchback, 53, Guildford Road, Greenwich.

LADIES SEVEN-GORE SKIRTS, navy or black, any size, 6s. 6d., postage 6d.—Gooch, 71, Hewitt Avenue, Wood Green.

OPERA CLOAKS, PARTY DRESSES, worn few times.—Violet, 71, Oakfield Road, Anerley.

NEEDLEWORK, DRESSMAKERS, &c.

DRESSMAKER, daily. Town, country, ladies' houses. Cut, fit, renovations.—Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

DRESSMAKER, daily, at ladies' residences. Renovations; evening dresses; alterations. Blouses specialty.—Miss Goddard, 35, May Street, West Kensington.

HOME DRESSCUTTING AND MAKING TAUGHT; experienced teacher; practical dressmaker. Tailors' or Guerre system.—D., 120, Seymour Road, Harringay.

ART NEEDLEWORK. Private lessons given (10s. 6d. a term, 1s. 6d. single lessons). Ladies' work commenced for example, or completed. Moderate charges.—Miss Shields, 11, St. Marks Crescent, Regent's Park, N.W.

DRESS CUTTING AND MAKING TUITION, Scientific and Tailors' System.—Madame Goodwin, 96, Oxford Road, Lowestoft.

DRESSMAKER.—Perfect fit from pattern bodice (late of Regent Street, Loudon).—Madame Johns, Downside, East Cliff, Herne Bay.

DRESSMAKER, terms 2s. daily.—Jessie Andrews, 42, Alma Square, St. John's Wood.

DRESSMAKER, daily: dresses, blouses, mantles, renovations.—Bates, 57, Ranelagh Road, South Belgravia, S.W.

DRESSMAKER. Daily or at home.—Miss Vinter, 13, Osborne Villas, Hove.

Millicent Wright, 45, Artesian Road, Westbourne Grove, W., LADIES' MATERIALS. Terms moderate.

SKIRTS AND BLOUSES for sale.—Fillicette, 18, Barrowhill Road, St. John's Wood.

EXPERIENCED DRESSMAKER, at home or at ladies' houses.—Mrs. England, 440, Edgware Road, W.

Joan Comerford, DRESSMAKER. Perfect fit; terms moderate.—220, Dalling Road, Shepherd's Bush.

DRESSMAKER AND COSTUMIER, daily or at home; moderate.—Miss Sherwood, 21, Tormount Road, Plumstead.

Madame Léonie, PARISIENNE DRESSMAKER, 120, Talbot Road, Bayswater. Ladies' materials. Charges moderate.

Madame White. ARTISTIC BLOUSES, DAY and EVENING GOWNS, renovations, good fit.—299, King's Road, Chelsea, S.W.

DRESSMAKER, daily, or home. Experienced. Renovations.—36, Ambler Road, Finsbury Park.

ART NEEDLEWORK TAUGHT, 10s. 6d. quarter, 1s. 6d. lesson.—25, Mysore Road, Lavender Hill, Clapham.

JEWELLERY.

Handsome gold-mounted AMETHYST NECKLACE, £6 10s., cost over double; other articles equally cheap.—Williams, 69 Ringmer Avenue Fulham.

ANTIQUES, BOOKS, MUSIC, FOREIGN STAMPS, PHOTOGRAPHY, &c.

COOKERY BOOKS.—Six Recipes, approved by Letitia Hope, in M.S. Book with detachable, washable, embroidered linen cover. Work recommended by Blanche Fitzmaurice. Price 5s. Linen Envelopes for stray recipes, 3s.; Special Recipes, 1s. extra. "Mrs. Glasse," c/o Miss Sterling, 14, Bartholomew Road, Kentish Town, London, N.W. Cash with order.

MUSIC neatly and strongly bound in limp covers, 9d. to 1s. M3731

EXCHANGE POSTCARDS. Exterior English churches only wanted.—Brooks, 6, Norwich Street, Cambridge.

MISCELLANEOUS.

LADIES' COMBINGS mounted into tails, 1s. per oz.; puffs, frames, fringes, &c.—Miss Rose, 2, Blackburn Road, Hampstead.

Cléste. — Experienced READER BY PHOTO; 6d. envelope.—2, Legg Street, Chelmsford, Essex.

"Alizon" gives DELINEATIONS daily by appointment. Astral colours, gems, &c. At Homes, &c. attended.—Care of Dily's, 8, Upper Baker Street, N.W.

TWO KNITTING MACHINES, perfect working order, nearly new; sell half cost price. M3741

Machine, Couch, Chairs, Bath, Crockery, Plate, Books, Music, Bedstead and Bedding. List.—L. Lawrence, 178, Putney Bridge Road, Putney.

COACHING (personal correspondence) given in fashion journalism, article writing, business correspondence, composition. M3737

HOME-MADE CAKES—Iced or plain. Marzipan sweets; peppermint creams. Particulars sent. M3740

For Sale, suitable presents, lovely PARCELS FANCY WORK, 3s.; finished or unfinished.—A. Rees, Holly Cottage, Solway Hill, Woodford.

CORSETS (French or English) made to order; neatly repaired. Ladies supporting belts. Moderate charges.—Corsetiere, 155, Church Street, Kensington, W.

DRESSMAKERS.

The Name and Address of any Dressmaker will be inserted free in this column provided the advertiser furnishes us with a Coupon for each announcement *each month*, and she states under which column she wishes her name to appear. *Please write distinctly.*

DRESSMAKERS' COUPON. JANUARY, 1909.

LATEST TIME for ADVERTISEMENTS 1st of EACH MONTH.

DRESSMAKING AT LADIES' HOUSES—

L. C. Andrews, 28, Kelvin Road, Highbury, N
Miss J. Andrews, 42, Alma Square, St. John's Wood, N.W.
Miss E. Baker, 4, Chapel Street, Forest Gate, Essex.
Miss Bates, 57, Ranelagh Road, South Belgravia, S.W.
Miss Coward, 82, Camden Road, N.W.
Miss Ellison, 97, Cathles Road, Balham Hill, S.W.
Miss Gavey, 36, Ambler Road, Finsbury Park, N.
Miss Gregory, 52, Wiltshire Road, Brixton, S.W.
R. Harvey, Oxford House, 329, Goldhawk Road, W.
Mrs. F. Hevey, 13, Heatherly Street, Clapton, N.E.
Mrs. James, 106, Southlands Road, Bromley, Kent.
L. Lawrence, 178, Putney Bridge Road, Putney.
Miss Lenton, 1, Clarendon Place, Clarendon Road, W.
Miss Norman, 2, Pownall Road, Fulham, S.W.
A. and A. Pinchback, 53, Guildford Road, Greenwich, S.E.
Miss Smith, 3, Pakeman Street, Holloway, N.
Miss A. Welstead, 46, Charteris Road, Kilburn, N.
Miss E. Willson, 77, Cloncurry St., Fulham Palace Rd., Fulham, S.W.
Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

LADIES' OWN MATERIALS MADE UP—

Miss Ambler, 85, Westbourne Park Villas, Bayswater, W.
L. C. Andrews, 28, Kelvin Road, Highbury, N.
Miss Clinch, 18, Barrow Hill Road, St. John's Wood, N.W.
Miss Joan J. Comerford, 220, Dalling Road, Shepherd's Bush, W.
M. Davies, 19, Jedburgh Street, North Side, Clapham Common, S.W.
Miss Ellison, 97, Cathles Road, Balham Hill, S.W.
Madame Goodwin, 96, Oxford Road, Lowestoft.
Miss Hauxwell, 16, Portland Gardens, Harringay, N.
Miss Jarvis, 28, Brooksville Avenue, Brondesbury.
Miss Maud Lee, 89, Warwick Street, Belgravia, S.W.
Madame Léonie, 120, Talbot Road, Bayswater, W.
Madam Marion, 57, Sydenham Road, Sydenham, S.E.
Mrs. Murray, 99, Westcombe Hill, Blackheath.
Laura Norman, 2, Pownall Road, Fulham, S.W.
E. Rainger, 12, Honiton Road, Brondesbury Road, N.
A. Rees, Holly Cottage, Solway Hill, Woodford.
Nellie Siegfried, 90, Dawes Road, Fulham, S.W.
Miss E. Simeon, 37, Tavistock Road, Westbourne Park, W.
Misses A. and E. Smith, 52, Avenell Road, Highbury, N.
Nina Swancott, 15, Delamere Cres., Westbourne Sq., Paddington, W.
Miss Alice Tanner, 9, Exeter Street, Dyke Road, Brighton.
Miss Vinter, 13, Osborne Villas, Hove.
Mrs. Wheeler, 13, St. John's Road, Stamford Hill, N.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.

LADIES' AND CHILDREN'S MILLINERY—

Mrs. Bailey, 31, Riley Road, Brighton.
Emilie, 185, Westbourne Grove, W.
Watson Lewis, 17, Edgware Road, Marble Arch, W.
Madam Marion, 57, Sydenham Road, Sydenham, S.E.
Miss M. Owen, 2, Legg Street, Chelmsford, Essex.
Miss A. White, 299, King's Road, Chelsea, S.W.
Miss Whitehouse, 57, Upper Gloucester Place, Dorset Square, W.

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Madame Maree, Aldbourne, R.S.O., Swindon, Wilts.
Mrs. C. Petty, 29, Alberta Street, Kennington Park Road, S.E.
Miss Ramage, 25, Mysore Road, Lavender Hill, S.W.

PILLOW LACE MAKER—

Mr. Hy. Armstrong, Stoke Goldington, Newport Pagnell, Bucks.
Miss Kent-Johnson, Sharnbrook, Beds.
Mrs. A. Stewart, 29, Markham Street, Chelsea, S.W.

CORSETIERE—

Miss A. Caudell, 6, St. Julian's Road, Kilburn.
Mme. Gardiner, 28, Sussex Place, Onslow Gardens, South Kensington.
Hélène, 1, Harley Street, Bridge Road, Battersea, S.W.
Miss B. Sargent, 21, St. James's Road, Hastings.
Madame Marie Steer, 189, Prince of Wales Rd., Haverstock Hill, N.W.

FURS RENOVATED—

Miss Annie Blanch, 299, King's Road, Chelsea, S.W.
Mrs. Lindfield, 17, Powis Road, Brighton.
Mrs. L. Palmer, 155, Hartfield Road, Wimbledon, S.W.
Mrs. Annie Roadknight, 24, Powis Square, Brighton.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.

All Coupons must be received by the 1st of each month preceding date of issue.

Can You Read This?

"LOUIS"

VELVETEEN IS GENUINE WHEN STAMPED L-O-U-I-S

For its rich, handsome appearance, lovely artistic draperies, and sterling good wearing qualities, we recommend for seasonable and fashionable Outdoor Dresses, Dinner and Reception Gowns, Tea Gowns, Children's Dresses, and all Trimming purposes, &c., at a very moderate cost.

The New Colours and Art Shades are unequalled for variety, brilliancy, and depth of tone, while the lustrous bloom, and soft, rich texture of the Blue-Black has altogether the appearance of a beautiful Silk Velvet.

Ladies experiencing difficulty in obtaining "LOUIS" Velveteen are requested to write to the Manufacturer, 57, Newton Street, Piccadilly, Manchester, who will furnish the address of the nearest Draper supplying it.

"LOUIS" VELVETEEN

The L-O-U-I-S is MATCHLESS & INIMITABLE

NOTE WELL.—Every yard of the Genuine bears the name spelled "L-O-U-I-S," and is guaranteed.

"BEETHAM'S Regd. Larola"

NO MORE ROUGH HANDS.

SOFT WHITE SKIN.

IS UNEQUALLED FOR PRESERVING

THE SKIN & COMPLEXION

FROM THE EFFECTS OF

FROST, COLD WINDS AND HARD WATER.

IT REMOVES AND PREVENTS ALL

ROUGHNESS, REDNESS, IRRITATION, CHAPS, &c.,

AND KEEPS THE SKIN DELICATELY

SOFT, SMOOTH, AND WHITE

AT ALL SEASONS.

If used after Cycling, Motoring, Golfing, &c., it will be found DELIGHTFULLY SOOTHING AND REFRESHING.

Bottles, 1/-, 1/9, and 2/6, of all Chemists and Stores. M. Beetham & Son, Cheltenham.

REGD. MARK. "B.B." REGD. MARK.

TORCHONS

An actual reproduction by a new patented process of Real Torchon Lace exactly as made by Hand-workers on the Cushion. All genuine B.B. Torchons bear this Regd. Mark embossed on every card.

Indestructible in Wash and Wear.

Obtainable from all important Drapers in the United Kingdom.

"ALWAYS BUY"

"SWANWICK"

FAST BLACK

HOSIERY.

WHY? Because it is free from Arsenic and of such Fast Dye that it cannot stain the most delicate dress.

It is most exquisite in Shape, Comfort, and Fit.

It is the most Hygienic Hosiery made.

Sold everywhere in Thread, Cotton, Cashmere and Silk, with Lace, Plain and Embroidered Fronts.

Write to Manufacturer, 10, Love Lane, Wood St., London, E.C., for address of nearest agent.

New Process Fast Dye — Swanwick Fast Black — Cannot Stain — Indelible

LOOK FOR THIS TRADE MARK ON EVERY PAIR

GREENE'S

MINERAL PASTE

For Cleaning GOLD, SILVER & PLATE.

FREE from all injurious ACID & GRIT & therefore cannot SCRATCH or TARNISH.

Produces A BRILLIANT POLISH.

No rubbing is required. The PASTE does all the work.

DOES NOT SOIL HANDS. CLEAN TO USE.

Obtainable at all Chemists and Stores, in Tins, 10½*d. and* 1/3.

Write for FREE SAMPLE and Test these claims.

GREENE'S MINERAL PASTE CO. (Dept. M), 258, EUSTON ROAD, LONDON, N.W.

YOUR

SOILED BLOUSE

Cleaned for 1/3

We return it to you Dry Cleaned, looking like new.

DRESSES DRY CLEANED for 4/-

FURS DRY CLEANED AT HALF THE FURRIERS' CHARGES.

We Clean Everything at Lowest Possible Prices.

Send for Price List of other Articles at equally Low Prices.

CLARK & CO., 9, Hallcroft Road, RETFORD.

Printed by Waldrook & Co., Ltd., 13, 14, and 15, Whitefriars Street, London, E.C., and Published Monthly by Beeton & Co., Ltd., 10 and 11, Fetter Lane, London, E.C.